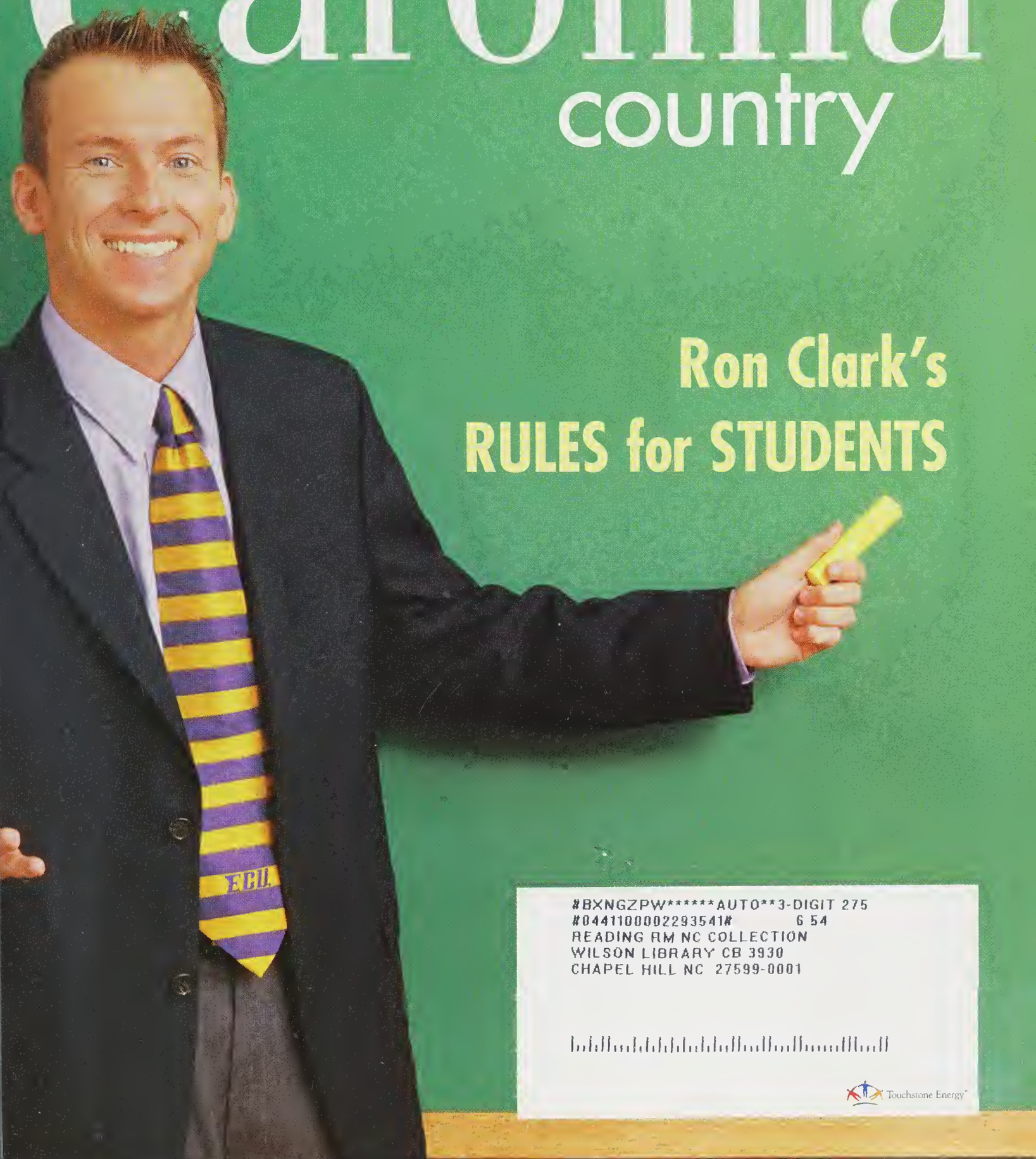
The pride of North Carolina's electric cooperatives

Volume 35, No. 11, November 2003

Carolina country



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The Carolina Country Store Holiday Gift Guide — Pages 24-27

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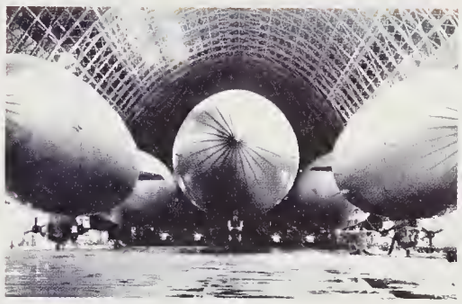
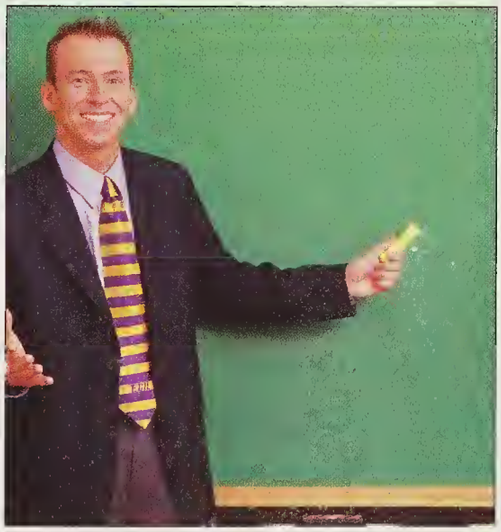


The historic Weeksville hangar. See page 10.



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Ron Clark — East Carolina University graduate, Beaufort County teacher, Bright Ideas grant winner, Disney Teacher of the Year. What's he doing now? See page 12. (Photo by Will Ryan)

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THE New JIM WALTER HOMES

New Home Designs

New Financing Options

CONTEMPORARY COLLECTION

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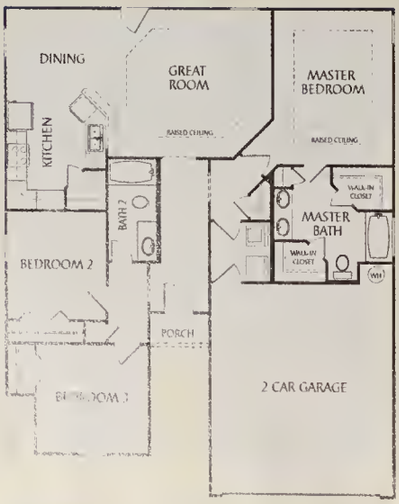

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E-1103

Turn any room in your home into a *sunroom*

Bring more than twice as much natural light into your home as any other lamp

How often have you sat down to read and found yourself asleep in no time? Well, give your tired eyes a break with help from the sun. Now it is possible to bring the advantages of the outdoor light *indoors*. When you think about it, there hasn't been a significant innovation in lighting since Thomas Edison invented the first light bulb. By the 21st century, shouldn't there be better light? Now there is. A breakthrough technology using rare earth phosphors will change the way you read, work, do your hobbies and even the way you see yourself. The New UltraLux® Floor Lamp replicates the full light spectrum.

Why current light technology fails. An ordinary incandescent bulb's light is concentrated on the orange-red part of the spectrum creating a dim yellowish light. The light from Fluorescent bulbs is concentrated on the yellow green portion of the spectrum giving your room a sickly greenish color.

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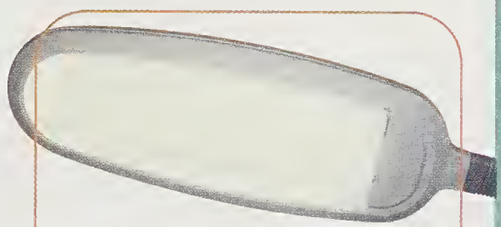
- Ease eyestrain.
- Render colors much more accurately for artists, knitters and needlepoint.
- Reduce levels of melatonin, a hormone that promotes fatigue.
- Improve neuron function in the brain.



- **Light equivalent to a 250 watt bulb, but the energy used is similar to a 60 watt bulb.**
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Artist -N. McCorry, Ann Arbor, MI

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Recovery Reality

By Michael E.C. Gery

I wished I had my camera ready. The co-op's CEO and his two lieutenants were out in the parking lot emptying the dumpster.

During storm recovery duty at an electric co-op, routine flies out the window. There is no routine. Guys who have never unloaded trucks are out there unloading trucks. Women who have never carried cases of bottled water are out there tromping through muck to reach thirsty linemen. People sleep in their offices. At Tideland EMC, CEO Bill Stacy asked Heidi Smith if the cot in her office would become a permanent fixture. Where was the camera? (Maybe Jennifer Warren had it at Cape Hatteras Electric. The morning after Hurricane Isabel, her amazing photos of Hatteras Island were the first to be shown on TV in the Raleigh area.)

It would make excellent "reality TV" to record what happens at electric co-ops preparing for a storm then working to repair its damage. Especially if you could broadcast it during the recovery itself, so whoever has lights can see what their utility does to get them turned on after a disaster.

After Isabel, I was at Albemarle EMC in Perquimans County for a few days to help wherever I could. I can't adequately tell you how well that co-op ran. For people who had not previously experienced such devastation to their distribution system, these employees, directors and outside helpers operated like seasoned professional storm troopers. The co-op headquarters outside Winfall, running on its diesel generator, was like a beacon that kept glowing hope for its communities under great duress. When members or anyone else called the office, real people answered the phones, and they were as calm and collected as could be.

We all know patience wears thin after three days without power and water. But with few exceptions, people are glad to see electric utility workers show up. At the Snug Harbor Community Center in southern Perquimans County, five days after Isabel had knocked out power to the entire community, neighbors gathered as they had every day to check on one another and swap stories. The American Red Cross was there serving hot lunches. About 12 electric utility trucks pulled into the parking area, some hauling new poles and others some hauling huge chain saws, all hauling men in hard hats who had worked very long hours. With remarkable heartiness, the men clustered to get directions from crew leaders Mark Futrell of Albemarle EMC and Mike Hodges of Randolph EMC, and for the lunches and drinks that Albemarle EMC carried out to them. A Snug Harbor woman near the Red Cross truck came over and began hugging and kissing these guys. Others came out and did the same. A man said a neighbor down the road is grilling turkey, and the workers should go over and get some when it's ready.

The American Red Cross chapters in eastern North Carolina at one point reported serving some 46,000 meals a day. Co-ops arrange ahead of time to feed and house the crews who come to help. Albemarle's Larry Johnson, member service manager, and office services manager Jonetta Long were like emergency cruise directors coordinating meals and motels for more than 200 men for eight days, not to mention fielding calls from reporters, emergency management and government officials. Technical services manager Brad Furr somehow was in five or six places at one time, with radios, phones — you name it.

Albemarle's general manager Jeff Edwards kept a commanding coolness throughout the ordeal, even in very stressful situations. His confidence and manner helped get everyone through. At the height of the turmoil, he called out, "Are we having fun yet?" In excruciating negotiations, he gained access to key transmission and substation facilities owned by North Carolina Dominion Power, the Virginia-based utility who supplies bulk power to co-ops in this region, so that the co-op could more quickly get power on for its members. When an elderly man surviving on bottled oxygen way out in the country reported running low on oxygen, Jeff Edwards drove to Elizabeth City to get and deliver it. A couple days later, finally buoyed by the progress in the field, he trooped into Edenton to have a talk with Gov. Easley.

These are people whose own families and property were storm victims. After engineering manager David Gross and I tromped through fields and swamps to scout damage on transmission lines a few days after the storm, we drove through downtown Hertford. "There's my place," he said. A big tree was leaning on its roof and porch.

Impressive preparation and response

My home in Bertie County is served by the Roanoke Electric Cooperative, and like everyone else in the area, Hurricane Isabel left her mark on us. I want to thank all the employees and contractors of REC for their phenomenal effort in getting us back online in less than 10 days! The devastation to power lines and poles was so complete on Hwy. 17 and leading to our home on the Albemarle Sound that I fully expected to be without power for a minimum of three weeks. I continue to be amazed by the obvious preparedness of our co-op to deal with the emergency and their rapid response time, just as I am thankful for the obvious dedication of the hundreds of linemen (both regular and "borrowed") who drove into northeastern North Carolina to aid our communities.

Although it physically hurts to see the destruction wrought by Isabel's fury, it is heartwarming to see the communities throughout eastern North Carolina pull together to help each other and ensure that family and neighbors are safe and not in need.

Again, thanks to the hundreds of men and women who continue to work tirelessly to ensure that our electricity is restored. Be safe.

Cindy Davis
Merry Hill
Roanoke Electric Cooperative

Cleaning up will be easier

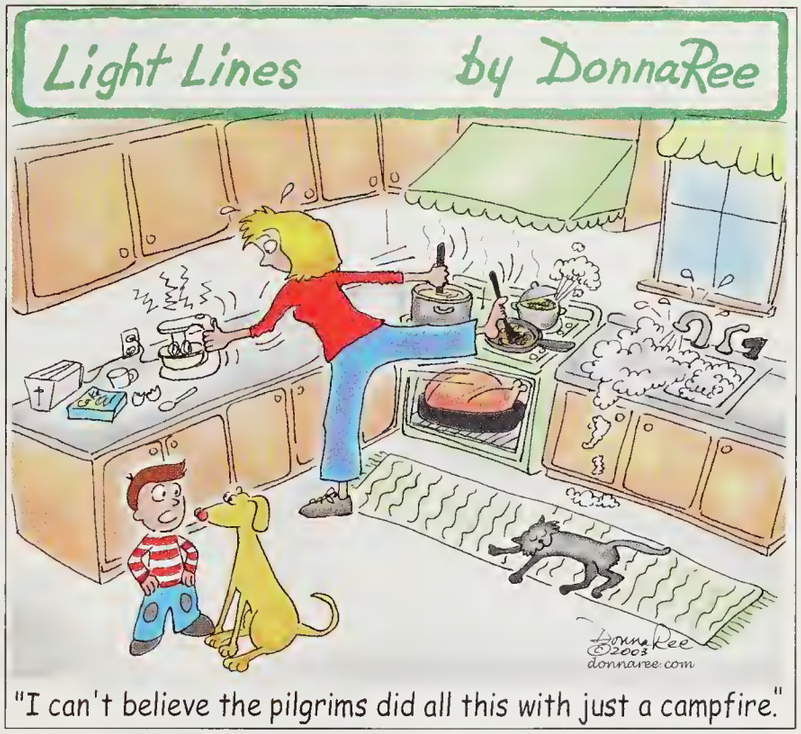
When I sat down this morning to read "I actually enjoy paying my electric bill" in the October '03 issue of Carolina Country, I knew I had to write you. We have been a part of your cooperatives only a short time, but I have felt a sense of belonging right from the start. So, when Isabel devastated the village of Hatteras, I still had trust that you would bring power to our vacation home as soon as it was humanly possible. And you did! A lot sooner than we had it restored to many neighborhoods here in Virginia. At the moment, we are packing up food, clothes and household supplies to drive down and clean up the huge clutter and damage. Thank you, North Carolina electric cooperatives. You will make our job so much easier.

Joan Keenan
Midlothian, Va.
Cape Hatteras Electric Cooperative

From Northampton County

I would like to thank all of the men and women that had a hand in restoring power so quickly back to our area after such a horrible storm. I appreciate all of the hard work and long hours each and every lineman has put in.

Stephanie Harris
Pendleton
Roanoke Electric Cooperative



"I can't believe the pilgrims did all this with just a campfire."

Lucky for us that we're a co-op

I would like to take this opportunity to thank all the employees at the Albemarle EMC office for all their post-Hurricane Isabel efforts. I live in South Mills and was without power for four days. I made daily calls (okay, a couple of calls a day!), and each time, no matter what the hour, a representative answered all my questions patiently and courteously.

What a great power company we have to actually get a live person on the other end. Some folks in Virginia are not so lucky. And to be so helpful throughout the whole ordeal, when those employees themselves were without power and had no idea when their power would be restored!

And thank you to all the linemen out on the streets, around the clock, working with lineman from N.C. co-ops and other states. I know everyone in my neighborhood truly appreciated all their efforts. It was a huge, monumental undertaking to repair so many lines and remove so many trees so swiftly.

Trish Rozanski
South Mills
Albemarle EMC

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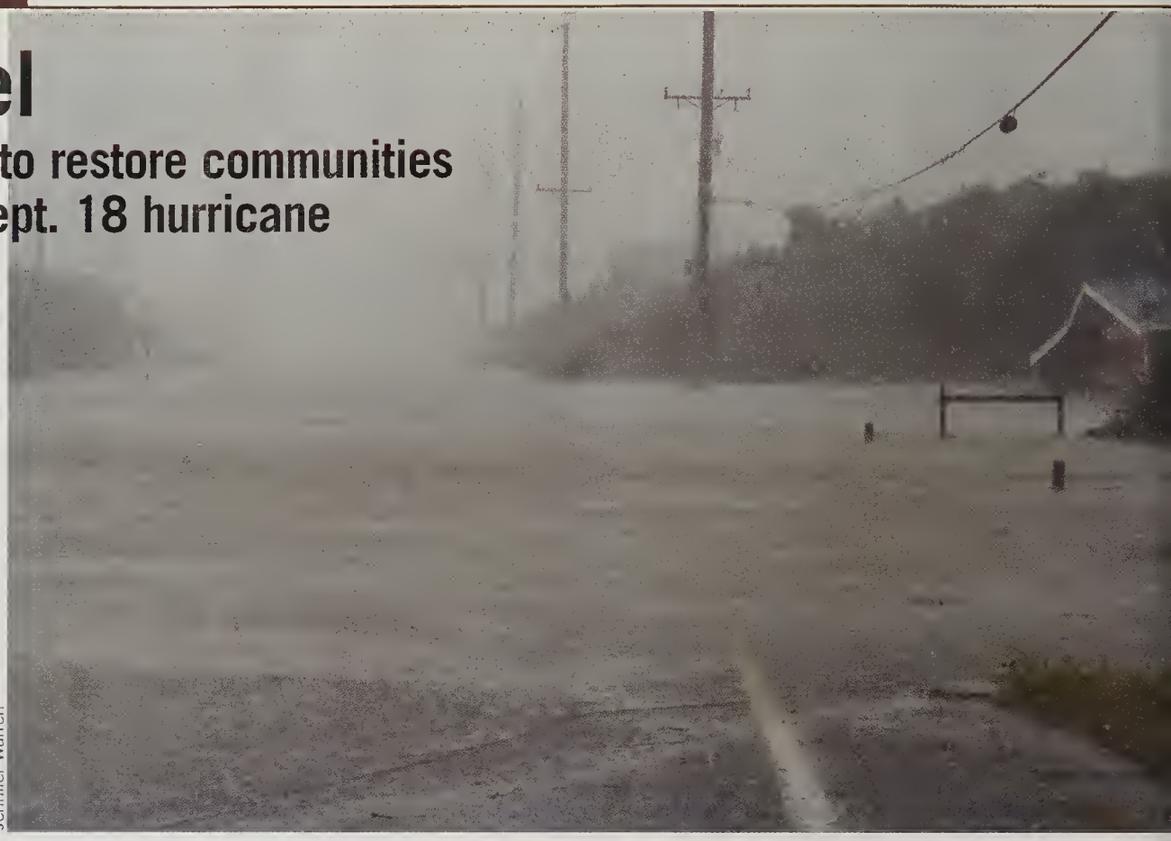
After Isabel

Cooperatives help to restore communities damaged by the Sept. 18 hurricane

Hurricane Isabel will be remembered as one of the most destructive storms in North Carolina history. What began as Tropical Storm Isabel on Sept. 6 near the Cape Verde Islands became by Sept. 11 a Category 5 hurricane (winds above 155 miles per hour) as large as the state of Colorado. During the ensuing week, North Carolina's coastal counties prepared for a storm of disastrous proportions.



Jennifer Warren

Isabel sends the Atlantic Ocean and sand across Highway 12 in Frisco, looking south toward the Cape Hatteras Fishing Pier.

Eddie Stocks

Edgecombe-Martin County EMC's digger derrick truck maneuvers through difficult terrain to repair a transmission line.

Pat McClenney/Coastland Times

Poles down in Tideland EMC's service area.

Power outages began in coastal communities before noon on Sept. 18. By the time Isabel made landfall at about 5 p.m. between Carteret County and Dare County, it was a Category 2, churning 85 mph winds with gusts to 110, and a storm surge on the ocean of 7 to 10 feet.

Hardest hit in the state were oceanside communities from Morehead City through Kitty Hawk, and those along the Albemarle Sound north toward Roanoke Rapids and the Virginia border.

North Carolina's electric cooperatives estimate more than $12 million in damages to their electric distribution systems. Cooperatives are working with the Federal Emergency Management Agency (FEMA) to help mitigate the recovery costs for their member-owners.

Of the 27 electric cooperatives that serve North Carolina, 19 suffered damage from Isabel, and about 127,000 members at one time had no power. Four cooperatives accounted for more than 60 percent of the damages: Albemarle Electric Membership Corporation in Hertford, Cape Hatteras Electric Cooperative in Buxton, Roanoke Electric Cooperative in Rich Square and Tideland EMC in Pantego. It took eight days to restore power fully to all those co-op members, and in some places damage was so extensive that restoration was not possible. About 1,600 lineworkers and tree specialists came from other North Carolina co-ops, co-ops in six other states, and contract crews to help. Crews contended with downed trees, limbs and saturated

ground, which made setting poles difficult. Flooding, dense sand, snakes and mosquitoes were further obstacles.

Isabel broke more than 350 poles on Roanoke Electric's 2,066-mile distribution system in Gates, Bertie, Hertford, Halifax and Northampton counties. All 14,500 members were without power. Nearly 400 line and trees crews came from other cooperatives to assist in repairing the damage, which was finally completed by Sept. 27.

For the first time in its 58-year history, Albemarle EMC's entire 1,149-mile system was shut down, affecting nearly 11,000 members in Chowan, Perquimans, Pasquotank, Camden and part of Currituck counties. More than 200 line workers and tree experts came to help Albemarle. Crew leader Mark Futrell said that without the help, what took the co-op seven days to restore would have taken seven months.

Cape Hatteras Electric's service area of Hatteras Island was devastated as the hurricane sent a seawall across the communities' primary highway, taking buildings and vehicles with it and breaking a new 1,700-foot inlet between the ocean and Pamlico Sound.

The inlet made Hatteras village an island. More than 6,600 CHEC members were without power and water. Although the road was barely passable, CHEC began restoring service Sept. 19 and completed it to all but Hatteras village by Sept. 26. On Sept. 21, a 50-ton, 1,750-kilowatt diesel generator-transformer was fired up to supply Hatteras village with power, as the co-op and contractors continued to set poles and lines to the community.

Steven Barber

Help on its way to Hyde County. Pee Dee EMC from south central North Carolina sent crews to help Tideland EMC.

Randy Jordan

By Oct. 3, Cape Hatteras Electric Cooperative had installed poles and lines spanning the new inlet cut by the ocean, separating Hatteras village from the rest of Hatteras Island. This view looks north across the breach.

The Down East communities of eastern Carteret County from Harkers Island to Cedar Island experienced high winds and major flooding. All but six houses in Sea Level were flooded. While Carteret-Craven Electric Cooperative and Harkers Island EMC were able to restore electricity in a few days, the communities themselves remained water-logged.

Tideland EMC communities saw major destruction in Hyde, Washington and mainland Dare counties, as well as to Ocracoke Island, where some 60 power poles north of the village were down. Virtually all 21,000 Tideland members lost power Sept. 18. By mid-afternoon the next day, the emergency diesel generator owned by North Carolina Electric Membership Corporation in Raleigh, was supplying power to Ocracoke, and lights were coming on for nearly half the mainland members. By the end of the day Sept. 24, all Tideland members had power. On Oct. 7, transmission was restored to Ocracoke and the NCEMC generator was shut down.

Throughout the recovery, many storm victims stayed tuned to Beach 104 FM radio station in Nags Head, which had combined with Water Country 94.5 and AM 560 WGAI out of Elizabeth City, to broadcast throughout the affected area non-stop news and call-in discussion during the recovery, including power safety and restoration information.

—Michael Gery, Rick Martinez, Suzanne Ward

FATS in Flight

Lighter than air and larger than life, the Weeksville blimps float through history

By Karen House

In a field near the Elizabeth City airport, the hangar's size is a surprise. It's enormous. Huuuugggge. Built to last in 1941, at 960 feet long, it's bigger than the luxury ocean liner QE2. Its two clamshell doors alone weigh 420 tons apiece. When those massive doors part like a steel curtain, you see the giants inside. Some call them airships or aerostats. Technically, they are dirigibles. But most of us know them as blimps.

Like the weathered hangar, the blimps are big, but they look jaunty, like they would float up, up, up if not tethered firmly to the ground. And they could float up and away, because even the biggest, plumpest blimps are lighter than air.

When people think of a blimp, they recall the "Hindenburg" crash of 1936. Or they mention the festive purple zeppelin in the 1960s movie "Chitty Chitty Bang Bang." But more often they look puzzled and confess they really don't know bumpkiss about blimps, especially modern ones. It doesn't help that blimps are the Rodney Dangerfield of aircraft – they get no respect from folks keen on speed and maneuverability. Even the funny name, b-l-i-m-p, can evoke a grin.

But in Pasquotank and Camden counties, folks know from blimps. They know about TCOM, L.P., the company that maintains and repairs blimps inside the hangar. They see blimps aloft over the Pasquotank River and hear the odd-pitched sound they make while flying overhead. Last summer, the Rolling Stones' blimp, built at the hangar, set tongues wagging. When rock band Pink Floyd's colorful blimp returned to Elizabeth City after a tour, it was destroyed in a freak thunderstorm and local bars reportedly sold pieces of it to enthusiastic customers. "It's something just so unique to this area," says Bonnie Robertson, a South Mills resident and Albemarle EMC member. "They fly so low you can see them well. People go get their kids when a blimp comes over."

Definitely head-turners, blimps create excitement for advertising and promotional purposes, towing a banner above the beach or over a stadium. Besides the well-known Goodyear and Fuji blimps, companies that own logo blimps include Kroger Foods, Pepsi-Cola, Frito Lay and Lowenbrau.

But blimps, manned and unmanned, are less known for their considerable technical applications. Radar systems, infrared imaging equipment and cameras can be mounted on blimps. Police officers employed a surveillance blimp during the 1996 Atlanta Olympics, and television crews like their hovering capabilities.

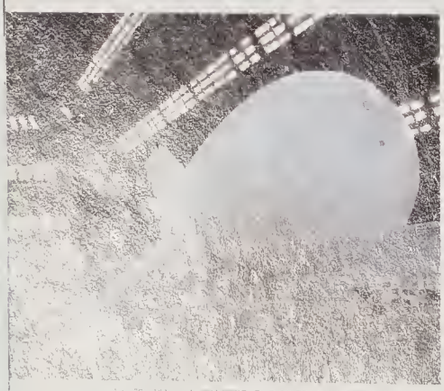
The largest blimps are deployable to an altitude of 15,000 feet or even higher, and can "see" down valleys. In California, tethered blimps are used to watch drug runners. Agencies have used them to spot forest fires or to monitor air and water pollution. The military has long used them to detect other aircraft, ground vehicles, ships and submarines.

The TCOM, L.P. facility outside Elizabeth City is the only place in the world exclusively devoted to aerostat and airship manufacture, assembly, flight-testing and training. How blimps came to Elizabeth City stems back to a military decision made during World War II.

History of the Weeksville Blimps

In 1941, the U.S. needed a way to patrol enemy submarines off the coast. In the age before the helicopter, the blimp was it. North Carolina was selected for a base because of its mid-Atlantic coast location and its proximity to the Navy an hour away in Norfolk, Va. Operations at Weeksville Naval Air Station (LTA) started on June 8, 1942. The compound on the outskirts of Elizabeth City spanned 822 acres, boasted a steel hangar with space for 12 Navy "K" airships, and could house 700 enlisted men and 150 officers. A second hangar, all wood and 1,028 feet long, was finished in 1943.

According to Steve Chalker, logistics operations coordinator for TCOM, L.P., records show that using blimps worked well. Before the Weeksville blimps began patrolling, German submarines off the North Carolina coast destroyed one sailing vessel every



Blimps at the Weeksville hangar have spanned the ages, from modern to historic.

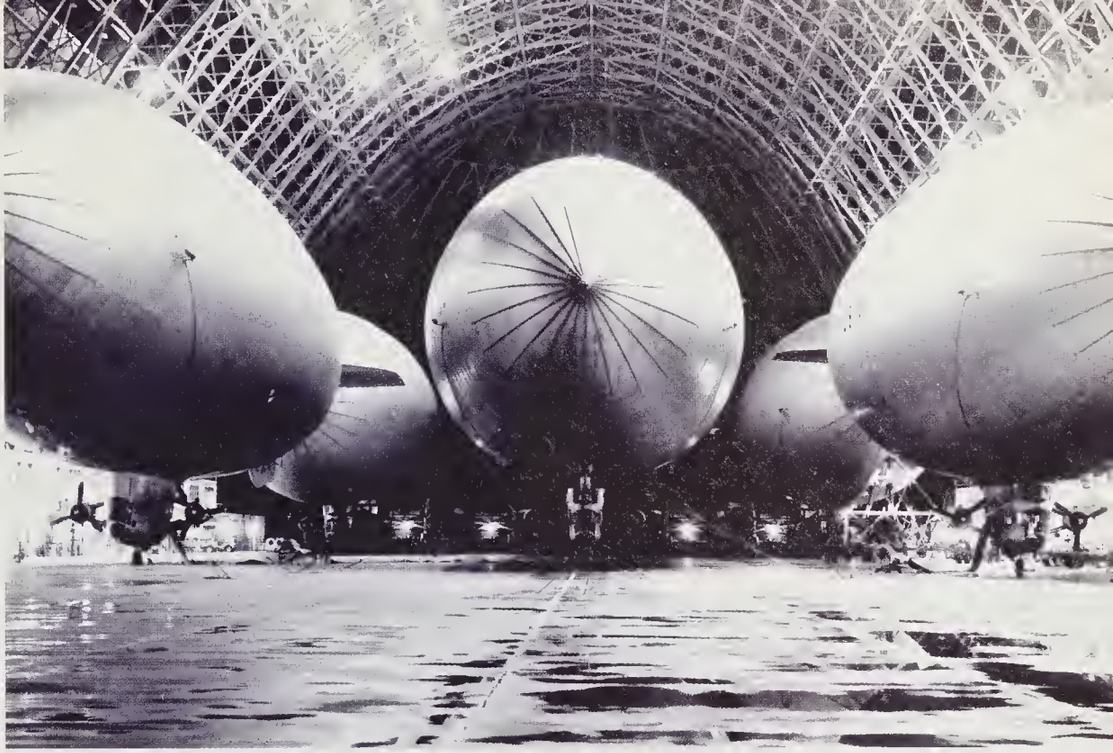
other day. After the blimps began patrolling the coast, the number dropped to one every 75 days or so. As Chalker tells it, not only did crews watch out for submarines, they were called upon to spot local moonshine stills, too.

After World War II, the blimps left. Weeksville operations turned to heavier-than-air craft and motor vehicle storage. Then in 1947, a Navy blimp squadron was transferred to Weeksville. The mighty blimps were back! Crews made exciting advances in technology and pilots bravely tried new missions.

In the mid-1950s, the busy base was at its zenith. Inventory records at that time show 10 blimps and 12 helicopters, two blimp squadrons and an anti-submarine helicopter squadron based in Weeksville. Large groups of men trooped in and out of Weeksville, energetically performing temporary fleet exercises off the coast and exploring the area's nightlife.

Although local townsfolk acknowledged Weeksville's positive economic effects, some had doubts. According to Chalker, this bothered the base paymaster. "He paid the servicemen and civilians on base in $2 bills, saying 'You watch and see where those bills end up.' It opened up a lot of eyes," Chalker said.

The men's impact must have been even clearer when they departed. Elizabeth City's newspaper reported on May 31, 1957, that the squadrons had suddenly been decommissioned. Thirty days later, on June 30, 1957, Weeksville Naval Airstation closed its gates and an era ended.



From 1971 to 1995 the wooden hangar was used as the manufacturing facility of TCOM, L.P. and Westinghouse Airships, Inc. The metal hangar was used for cabinet manufacturing. In 1995, a welder's spark started a fire in the wooden hangar and by daybreak, the world's "largest wooden building" was gone, along with irreplaceable pictures and documents. TCOM L.P. rallied, purchased the metal hangar and moved in. The hangar's mammoth doors parted once more to blimps.

Modern Operations

Today the hangar shelters blimps that perform a wide variety of civilian and military functions. About one-fifth of the 300,000 square-foot indoor space is separately enclosed to make up a fabrication room, where TCOM, L.P. workers construct the blimps' envelopes or "bags." In the rest of the hangar, workers glide by on bicycles and use manlifts that reach 120 feet high to evaluate, test and maintain the blimps.

Based in Columbia, Md., TCOM, L.P. employs about 50 local workers at the hangar and a ground systems facility up the road off Highway 34. Usually Chalker gives a hangar tour Wednesday afternoons for interested groups and individuals. However, the hangar sustained some roof damage from Hurricane Isabel in September, extending an existing repair and maintenance project. Tours were halted but will resume. Call (252) 330-5555 or visit www.elizcity.com/weeksnas

A separate company, Airship Management Services, leases hangar and field space from TCOM, L.P. and is housed in a blue building nearby. AMS, headquartered in Greenwich, Conn., employs about 30 local residents, and maintains, operates, leases and sells blimps.

Last June, AMS began operating one and two-hour blimp rides to the public over Elizabeth City and to the Outer Banks. Their "low and slow" rides were a big hit. Tickets cost $100 per person per hour. But the company suspended the public excursions in September because of a lack of available blimps. According to AMS staff, their rides were the only ones offered in the U.S. to paying passengers. Call AMS in Elizabeth City at (252) 330-3010.

The Skinny on **Blimps**

What's the difference between a blimp and an airship?
All airships, which include blimps, use a balloon-like bag of gas to lift the airship. Non-rigid airships with no skeletal frame are known as blimps. The old-type "rigids" with metal frames, such as the Graf Zeppelin, were known as airships. The "semi-rigids" have a "keel" along the bottom to spread the cabin's load. Almost all airships flying today are non-rigid, and therefore, blimps.

Can blimps explode or catch on fire?
It's very unlikely. A blimp's lifting gas is helium, which is inert and non-flammable and is stored in a separate compartment. Old airships like the "Hindenburg" were filled with hydrogen, which can explode.

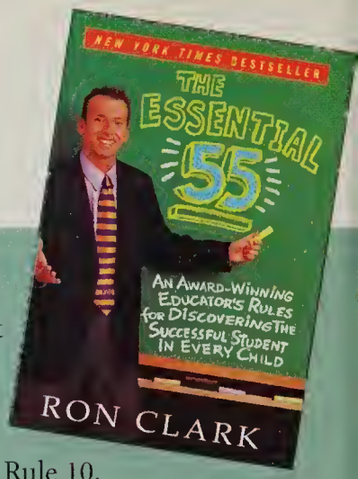
Sizes?
Blimps generally range from 60 to 197 feet long. Goodyear's "Spirit of Akron" is 205.5 long. The "Hindenburg" was a little more than 800 feet long.

What's a ride like?
Smooth and "lofty." Generally blimps fly between 500 and 2,000 feet up and go about 35 to 40 miles per hour.

What happens if someone shoots at a blimp?
Because the blimp is filled with a huge volume of gas under very low pressure, the gas would leak out slowly, giving the pilot a chance to land safely.

Do they have a bathroom?
Yes. Sometimes they even have "a loo with a view."

Always say "thank you"


NEW YORK TIMES BESTSELLER
THE ESSENTIAL 55
AN AWARD-WINNING EDUCATOR'S RULES FOR DISCOVERING THE SUCCESSFUL STUDENT IN EVERY CHILD
RON CLARK

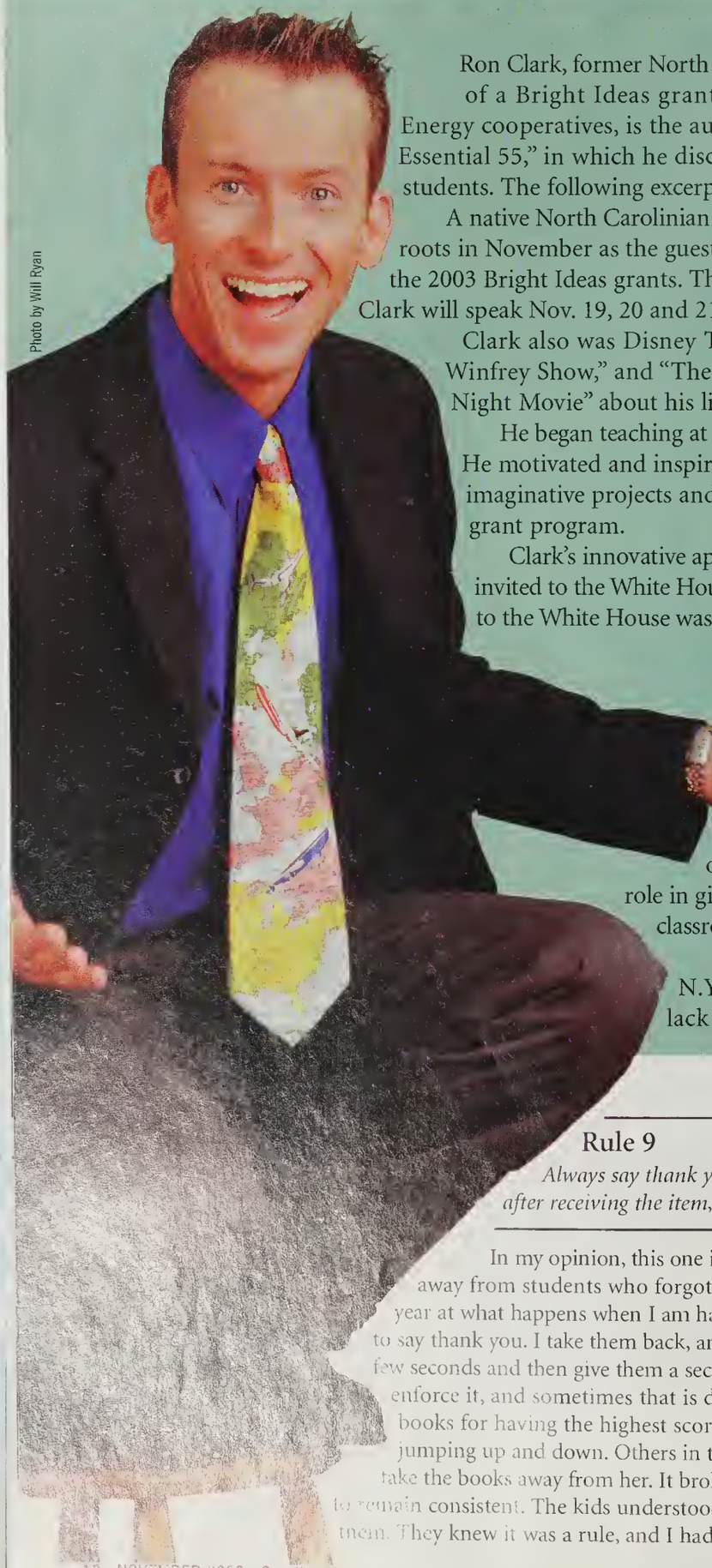


Photo by Will Ryan

Ron Clark, former North Carolina teacher and two-time recipient of a Bright Ideas grant from North Carolina's Touchstone Energy cooperatives, is the author of the best-selling book "The Essential 55," in which he discusses 55 expectations he has of his students. The following excerpt from the book comprises Rule 9 and Rule 10.

A native North Carolinian and East Carolina University graduate, Clark will return to his roots in November as the guest speaker at three events across the state honoring winners of the 2003 Bright Ideas grants. The winning teachers have been invited to luncheons where Clark will speak Nov. 19, 20 and 21 in Charlotte, Raleigh and Greenville, respectively.

Clark also was Disney Teacher of the Year in 2000, has appeared on "The Oprah Winfrey Show," and "The Today Show," and will be the focus of an ABC "Sunday Night Movie" about his life.

He began teaching at S.W. Snowden Elementary School in Aurora, Beaufort County. He motivated and inspired his students by introducing creative projects. Many of his imaginative projects and programs were made possible by the Bright Ideas education grant program.

Clark's innovative approach to teaching garnered him worldwide attention. He was invited to the White House three times to be honored by President Clinton. His first trip to the White House was sponsored by North Carolina's electric cooperatives.

"It has been amazing to watch what Ron Clark has done since he was a North Carolina teacher, and a Bright Ideas grant winner," said Bill Stacy, CEO of Tideland EMC, the Pantego-based electric cooperative which awarded him the Bright Ideas grants to Clark. "He made a major impact on the students in our area, and we are honored to have played a role in giving him the funding he needed to make his ideas a reality in the classroom."

From North Carolina, Clark was inspired to teach in Harlem, N.Y., after he saw a television show about low test scores and the lack of teachers in inner city New York. Today, he lives in Atlanta.

Rule 9

Always say thank you when I give you something. If you do not say it within three seconds after receiving the item, I will take it back. There is no excuse for not showing appreciation.

In my opinion, this one is major. I cannot tell you the countless times I have had to take things away from students who forgot to say thank you. They're always surprised at the beginning of the year at what happens when I am handing out cookies at lunch or homework passes and students forget to say thank you. I take them back, and they honestly believe I am just joking and that I'm going to wait a few seconds and then give them a second try. It never happens. In order for this rule to work, you have to enforce it, and sometimes that is difficult. Once, a student, along with four other kids, won a set of books for having the highest score on a social studies test. The little girl was so excited that she was jumping up and down. Others in the class quickly pointed that she forgot to say thank you, and I had to take the books away from her. It broke my heart, but once I went with the rule, I wouldn't turn back; I had to remain consistent. The kids understood that and rarely complained when I had to take things away from them. They knew it was a rule, and I had stated explicitly the way it worked from day one.

At Disney Teacher of the Year ceremonies.

I recently talked with a twelfth-grade teacher at a local high school in North Carolina. She walked up to me and said she had been wanting to meet me for some time. She said she often gives treats or rewards to her seniors, and that there was a group of boys in her class who always made a point to say thank you. She said that one day she commented on how polite they were, and that they told her they had to be polite because their fifth-grade teacher drilled it into them. She said one boy recalled how one day in fifth grade he had won a lollipop, but before he could put it in his mouth Mr. Clark had taken it away because he hadn't said thank you. He said Mr. Clark then put the lollipop in his own mouth and with a big grin he went back to teaching. That had stuck in his mind, and he swore he would never forget to say thank you again.

In my day-to-day life, I always try to make sure to thank whoever I am dealing with – the checkout clerk, the waitress, a person who holds the door for me, the friend who does a favor, or anyone who does something for me, no matter how major or minor. At my school in Harlem, the custodian would occasionally mop and clean our rooms during the night shift. I was always so pleasantly surprised when I walked into my freshly cleaned room, and I would make a point to thank him several times for doing such good work. He always seemed surprised that I was thanking him for just doing his job. I could tell he appreciated it, though, and I started to notice that my room was being mopped and cleaned a lot more often.

When I would take the subway to work in New York City, Monday mornings meant that I had to stand in a long line to get my week's worth of tokens. The token lady at my subway stop always looked like she had just swallowed a lemon, and I hated having to deal with her first thing every Monday morning. She would never speak to anyone, she would just have this grimace on her face, take the money, and shove the tokens toward the customers. Well, I was determined I was going to get her to be nice to me. Each and every Monday morning, I said to her, "Good morning," with no response. I would then end with "Thank you," and again, there would be no response. I kept at it, however, even though on the inside I just wanted to say, "Excuse me, are you aware that you are the rudest person on earth?" One day, after several weeks of this, when I said "Thank you," she replied, "You're welcome." I almost fell out. The next person in line approached the window to order, but I jumped back and said, "What did you say?" She looked shocked, and she said, "You're welcome." And she smiled at me. From then on, my Monday morning subway experiences were pleasant … well, as pleasant as a Monday morning subway experience can be.

With his students.

Rule 10

When you are given something from someone, never insult that person by making negative comments about the gift or by insinuating that it wasn't appreciated.

One month I took all of the top readers in the class to a Charlotte Hornets pro basketball game. They got to stay overnight in a hotel, meet the players, and have a blast at the game. The following month, the top readers were going to be rewarded with a trip to the local bowling alley. The disparity is hard to miss, and it definitely didn't go unnoticed by the students. They were vocal about the difference in the trips, and it really hurt my feelings. Most teachers weren't taking their students on any trips at all, yet mine were complaining that the bowling trip wasn't nice enough. In order to teach them a lesson, I canceled the bowling trip and gave them no reward. It may seem harsh to cancel the trip, but it was a very effective way to get my point across to the ungrateful students, and hopefully the memory of why they were punished will be a lasting one.

It's irritating to give a gift that's not appreciated. It may not be surprising that my little nephew, Austin, has a problem with being gracious. My sister and her husband adopted him from the Ukraine, and when he first arrived here at the age of four, he was so appreciative of everything. When he was given a present, he would carefully remove the wrapping paper and fold it ever so carefully and place it to the side. He would then gently open the box to see what was inside. His face would always light up, and he would hug whatever was in the box – socks, books, shirts, you name it. He has been here over a year now, and things have changed quite a bit. I often give him presents, but lately I have been giving him more clothes than anything else. Now, when he opens the presents, he rips into them with wild abandon (well, I can't blame him for that; that is the fun part), but when he sees that the present is clothes, he frowns and says, "Uncle Roooooonnnnnnnn!" as if I should have better sense than to buy something so boring. I guess all kids feel that way, but out of respect for whoever has given them a gift or some sort of reward, it is important to teach them not to act that way. I am working with Austin on that, but at the age he is now, it is going to take some practice. The last few clothing presents I gave him, however, he did respond by saying, "Uncle Ron, I just love it." He is learning.

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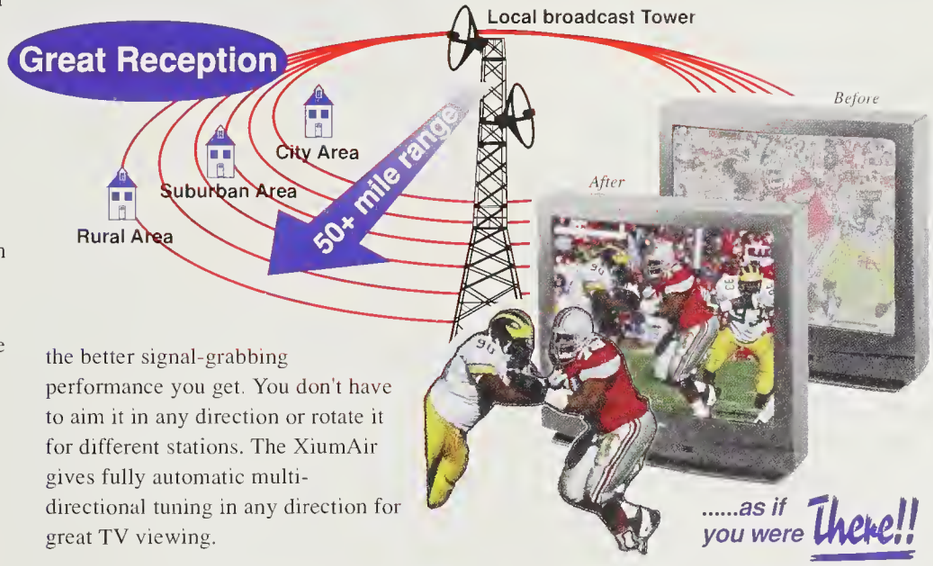

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People who are always there

Stories about the best neighbors you could ever have

Pictured right to left: Mrs. Gladys Creed Harvey (at 18), Mrs. Dora Vaughn, Joan Redfield, Harley Martin.

Asking you to tell us about "the finest neighbor you ever had" hit a chord. More than 200 stories came in. Virtually all of them were about the neighbors who are "always there for us."

At a time when people in many communities hardly see their neighbors, it's encouraging to know that in rural North Carolina there are so many generous, helpful, loving people who care about the neighbors near them. They are people who simply enjoy your company, and who stand by you in the good times and during times of need. They are people you are happy to see any time of the day or night, and they are just as happy to see you.

My wife, Susan, and I have known such neighbors for many years, including Tideland EMC members Dallas Gray, Horace Twiford, the R.D. Prices, the late Ralph O'Neal and others in Stumpy Point.

Another nice thing about being a member of a cooperative is that you're all neighbors, too.

Thanks to everyone who sent stories and pictures. You can see more on our Web site: www.carolinacountry.com next month, we'll publish your story. How to Live a Long and Happy Life." (Deadline was Oct. 15.) See page 18 for the "Nothing Could Be Finer" rules and deadlines.

—Michael E.C. Gery

ROCKING WITH GLADYS

The finest neighbor I ever had was also one of my best friends. She lived right next door. In the summer after work, I would take my cup of coffee and walk across the yard to her house and we would sit on the porch in the rocking chairs and talk about everything. We would giggle and gossip and have a good time. Often times she would call me up and tell me all about her church meetings which were big events. She was Primitive Baptist, and they always had meals, foot washings or big singing. These meetings were very special to her.

Every Thanksgiving I would fix dinner for her and she would always bring me a little hostess gift. She would come early and we would sit at the table and just talk and talk while everything was cooking. She babysat all three of my girls at my house, and many times I would come home to a wonderful dinner she had cooked for us.

This neighbor was my mother-in-law, Mrs. Gladys Creed Harvey. We lost her last September. Every time I go by her house I will always remember those summer evenings setting on her porch and just rocking away the day.

Janet Harvey
Siloam
Surry Yadkin EMC

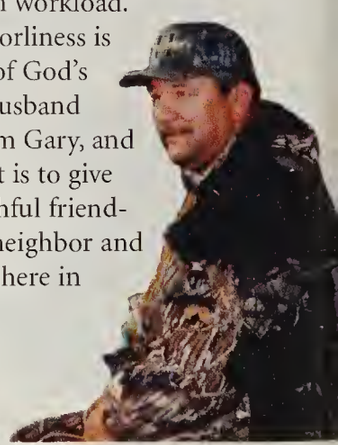
TIRELESS AND READY TO HELP

Folks can be friendly in the North where I was raised, but no one could have prepared me for the true neighborliness of Southerners. My husband lived in Chapel Hill when we first met, but his lifelong dream had always been to move to the land he had hunted on in boyhood with his grandfather and farm it.

Eagerly agreeing to the move, I packed our belongings. We built our home miles from other homes. Our closest neighbor, Gary Martin, soon became our dearest friend. Never have I met a more caring soul. When my husband is away, Gary never fails to drive over and check on me. When Steve needs help plowing fields, learning how to be a better pine straw farmer, fixing anything around our growing farm, Gary is there, tireless, ready to help regardless of the hour or his own workload.

His neighborliness is genuine proof of God's existence. My husband learns daily from Gary, and we learn what it is to give and receive faithful friendship from our neighbor and our true friend here in Atkinson.

Kate Birgel
Atkinson
Four County EMC



Gary Martin with his dog.

WATCHING OUT FOR US

Henry Carter, age 84, is a very fine neighbor. I can give many reasons, but here are two.

When we went out of town, he would usually get our mail and paper for us, and keep an eye on our property. A couple years ago when he knew we were out of town, we had failed to tell him our oldest son would be coming over to feed the dogs this time. So, when Mr. Carter saw a strange vehicle go down our driveway and pull behind our house, he was immediately on the alert. He drove his car over to our driveway, to block the person's exit. My son had to do some talking to convince Mr. Carter he was legal.

The best proof of being a fine neighbor came just a few weeks ago. Mr. Carter had asked if we needed any peas from his garden. I told him no, I just didn't have time to shell them. That evening the doorbell rang. There stood Mr. Carter, with a large Ziploc bag full of peas for me, already shelled. Would he take any money for them? Of course not!

Vera Sheppard
Fayetteville
South River EMC

LIKE FAMILY TO US

My neighbor Harley Franklin, 64 years old, is a sweet man. He always comes over to my house so he can talk to someone, and he always brings something with him. He likes to farm and grows a garden. He brings me (his "little'n") bags and bags of tomatoes, corn, squash, beans and everything else he grows. He likes to come over for coffee or to eat popcorn. Harley sometimes comes over on Thursday nights to play bingo with me and my family. He treats us like family, and he says we are like family to him. Sometimes, he takes my brothers and me to the barn in his pickup to watch him feed his cows or his horse. He gives me a Polaroid picture of every newborn calf and makes sure I am the first one to see his newborn puppies. He is the best neighbor I have ever had.

Kira Farrington, 14
Waynesville
Haywood EMC

Henry Carter

MS. CALDWELL'S LESSONS

I was young; she was old. I was ignorant; she was wise.

It's amazing how two extreme opposites could get along so well. Ms. Caldwell moved next door when I was 7 years old. When I first learned an old lady was moving in next door, I must admit, I was disappointed. I had wanted a playmate, someone my own age. What I didn't realize then is that this "old lady" would become my best friend.

This kind woman helped me develop the standards of ethical behavior and lessons in etiquette that I would need for the rest of my life. I have not forgotten Ms. Caldwell's kindness.

People would incredulously ask me at a young age, "Who taught you to be so polite and respectful?" These were the times I would proudly answer, "My neighbor, Ms. Caldwell."

Alone, with no grandchildren of her own, she and I and my entire family became good friends. But I don't think anyone truly appreciated and treasured her as I did. I am grateful for everything she's ever done for me and that is why I consider Ms. Caldwell not only the finest neighbor, but also the finest woman I ever knew.

Mercy Thompson
Matthews
Union Power Cooperative

MR. JEFF AND HIS FAMILY

He was nothing I expected yet everything I needed. The newly shattered innocence of my childhood could only be renewed by his gentle spirit and nurturing hand. October, my birthday month, marked a time of confusion and distress among my family, and the day my father left was a day that a dark shadow fell over my home. Yet the day that the Kopf family and Mr. Jeff moved in across the street the sun had never shined so brightly.

I remember Kara, the middle child and just my age, grabbing my shaking hand, leading me through her new house, rambling on and skipping up the stairs as if we'd known each other for years. I was only 3 years old and she was only 4, but the moment we saw each other there was an unspoken connection that has never broken and never will.

At that age, when all of my siblings and I seemed to be searching for the presence of a father figure, Mr. Jeff was unbelievable. Even though he's moved away, to this day I can still hear his roaring laugh and corny jokes. I can still smell the slight scent of Bud Light that seemed to linger on him, but was so comforting every time I would crawl up into this lap while he watched football and fell asleep. The countless days of softball games and camping trips, and the way he always knew not just what I was feeling, but exactly who I was. He knew my intentions and my shortcomings. He loved me unconditionally, yet never had to say it. I can't even begin to imagine my childhood without him or the entire Kopf family.

Hannah Thornton
Butler High School
Matthews

GUARDIAN ANGEL

Mrs. Dora Vaughan lives in the Carver Park section of Murfreesboro. From 1966 through today, she has been our other mother, friend, neighbor and guardian angel.

Whenever I needed something, she gave it to me or made it possible. I grew up next door to her. And my children were not only raised by me, but also by Mrs. Vaughan, who was there with food,

continued on p. 18

Continued from p. 17

clothing, heat and love, as she did for her own family.

We had a family pet named Bosco who would wait for the kids to go to school in the morning. Then he'd go next door for a biscuit from Mrs. Vaughan. He would knock on the door and she'd hand him a biscuit, then he'd come home. On weekends, or if the kids were out of school, he wouldn't go for his biscuits. She is not only a neighbor to people, but also to Bosco.

Today she checks on the family as though they were still kids, calling me twice daily. Mrs. Vaughan is ill, but she finds the time to make sure that when you come to visit, you can carry home a bag of goodies.

Bettie Jordan-Bishop
Murfreesboro
Roanoke Electric Cooperative

ZIONVILLE'S BEST

The best neighbors ever, Reene Ann and Pat, welcomed this flatlander with open arms when we built our cabin near them in North Carolina. What an introduction to mountain life! In short order they taught me to play "Boil That Cabbage Down" on the dulcimer; showed me the new baby calves down the road; told me which kinds of rhododendron grew best on what side of the mountain; introduced me to the Roan Valley Auction and the local bluegrass joint; took me to Sweet Aromas restaurant where the dinner hour is a version of the heavenly banquet; helped me put up a porch swing, tried it out, fell to the ground, got up cheerful; and regaled me with a play-by-play account of preparations for the arrival of their 27 baby chicks. Next thing you know I'll be getting dozens of the freshest eggs around. Now, are they amazing or what?

Sue Spirit
Zionville
Blue Ridge Electric

Reene and Pat Peak, holding "Miss Caramel," and Pat Peak.

DENNIS AND JOAN REDFIELD ARE WINNERS

When my parents moved to another community, they played Neighbor Roulette. You never know what kind of neighbor you'll have. But they couldn't have found better neighbors than Dennis and Joan Redfield.

Dennis mowed the lawn, pruned trees and shoveled the driveway. When Dad fell, Dennis was there in a minute to help him up. And when the heavy glass sliding door went off track, Dennis played Samson and fixed it. He even blacktopped the driveway, free.

Joan brings her pleasant humor, attentive ear and sometimes something from her kitchen. She's taken Mom to concerts and planted her flowers. She has helped Mom choose furniture and wallpaper.

Emergencies happen when one is 90-something, but during Mom's four-week hospital stay, Joan took care of paying bills and the mail and groceries. I called her Miss Meals on Wheels.

Dennis and Joan painted Mom's house but wouldn't accept as much as offered.

They love her and she loves them, which means everything to me since I'm several states away. Neighbor Roulette paid off for my parents as the Lord graciously provided the best.

Barbara Daningburg
Mount Pleasant
Union Power Cooperative

Send us your best

Earn $50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures. You don't have to be the best writer. Just tell it from your heart.

JANUARY 2004
"How I Got My Name"
First name, last name, nickname, any name.
Deadline: Nov. 15

FEBRUARY 2004
"Home Improvement Horror Stories"
That remodeling job that went crazy. Send pictures.
Deadline: Dec. 15

MARCH 2004
"My Gardening Secrets"
What have you tried that really works?
Deadline: Jan. 15

APRIL 2004
"The Camping Trip I Will Never Forget"
Where was it and what happened? Send pictures.
Deadline: Feb. 15

MAY 2004
"What We Did When the Power Went Out"
Smart – and maybe not-so-smart – ways to cope during an outage.
Deadline: March 15

JUNE 2004
"Being a Teenager Today"
What are you going through? Or: How does it compare to when you were one?
Deadline: April 15

JULY 2004
"Our Money Pit"
What was the biggest waste of money you remember?
Deadline: May 15

AUGUST 2004
"Was I Wrong!"
Lessons you learned the hard way.
Deadline: June 15

SEPTEMBER 2004
"My Favorite Photo"
North Carolina people and places. Digital ones must be 300 dpi and printable size.
Deadline: July 15

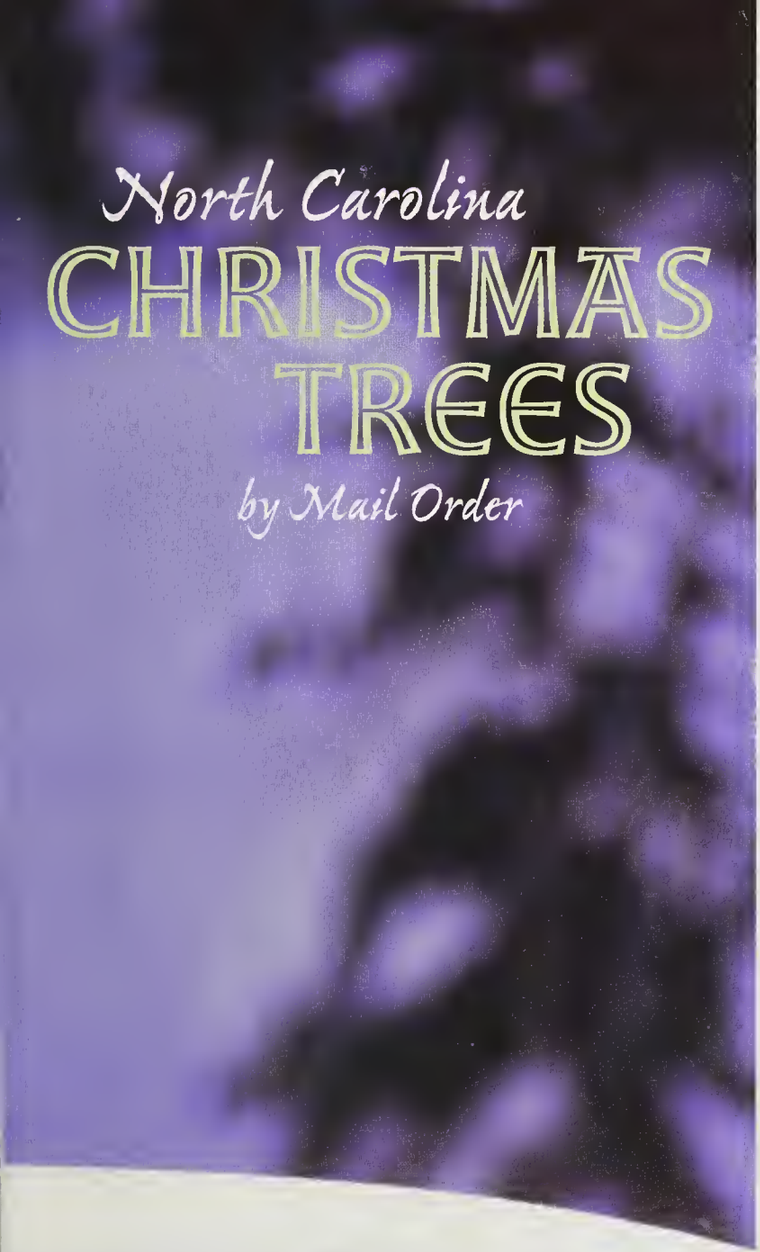
OCTOBER 2004
"If I Were Governor of North Carolina"
What would you do?
Deadline: August 15

NOVEMBER 2004
"Mama's Cooking Was Always the Best"
Send a recipe, if you have one, and photos.
Deadline: Sept. 15

DECEMBER 2004
"Meeting Your Grandparents"
Something you never knew about a grandparent.
Deadline: Oct. 15

The Rules

1. Approximately 200 words or less. We retain reprint rights.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mail or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web: www.carolinacountry.com



North Carolina CHRISTMAS TREES by Mail Order

North Carolina has 2,500 growers producing an estimated 50 million Fraser fir Christmas trees growing on over 25,000 acres. Fraser fir trees represent over 90 percent of all species grown in the state. The North Carolina Christmas tree industry is ranked second in the nation in number of trees harvested and first in the nation in terms of dollars made per tree.

The North Carolina Christmas Tree Association can put you in touch with growers who offer "choose and cut" programs on their farms, as well as retail lots in nearby cities, and growers who offer mail order sales.

Contact the association by e-mail at **info@ncchristmastrees.com** or on the Web at **www.ncchristmastrees.com**

You can also reach the association at: North Carolina Christmas Tree Association, P.O. Box 1937, Boone, NC 28607. Phone: (828) 262-5826. Toll-free: (800) 562-8789. Fax: (828) 265-1558.

If you give them advance notice, these members of the N.C. Christmas Tree Association (at right) can send you trees and other evergreen decorations by mail order.

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13893 Hwy 18 South
Laurel Springs, NC 28644
Alleghany County

Phone: (336) 359-2004
Fax: (336) 359-2043
conandtom@skybest.com

Fraser Fir, White Pine, Other Trees, Transplants/Seed/Seedlings, Roping, Wreaths, Boughs/Tips

Cartner Christmas Tree Farm
P.O. Box 74
Newland, NC 28657
Avery County

Phone: (828) 733-2391
Fax: (828) 733-3799
mcartner@skybest.com
www.carolinafraserfir.com

Fraser Fir, Roping, Wreaths

Laurel Springs Christmas Tree Farm
P.O. Box 85
Laurel Springs, NC 28644
Alleghany County

Phone: (800) 851-2345
Fax: (336) 372-4168
lsxtf@skybest.com

Fraser Fir, White Pine, Roping, Wreaths, Boughs/Tips

Omni Farm
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West Jefferson, NC 28694
Ashe County

Phone: (336) 982-3475
Fax: (336) 982-4163
omnifarm@omnifarm.com
www.omnifarm.com

Fraser Fir, Roping, Wreaths

Sugar Plum Farms
P.O. Box 136
Plumtree, NC 28664
Avery County

Phone: (888) 257-0019
Fax: (828) 765-0019
sugarplumfarm@boone.net
www.sugarplumfarm.com

Fraser Fir, Other Trees, Transplants/Seed/Seedlings, Roping, Wreaths

Cherry Tree Farm
399 Cherry Tree Lane
Creston, NC 28615
Ashe County

Phone: (336) 385-7941
Fax: (336) 385-7944
papanoel@skybest.com
www.papanoeltrees.com

Fraser Fir, White Pine, Other Trees, Roping, Wreaths

Helms Christmas Tree Farm
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Vale, NC 28168
Lincoln County

Phone: (704) 276-1835
Fax: (704) 531-8853
henryhelms@aol.com

Fraser Fir, White Pine, Other Trees, Roping, Wreaths

Shady Rest Tree Farm
287 Trading Post Rd.
Glendale Springs, NC 28629
Ashe County

Phone: (336) 982-2031
srtreefarm@skybest.com
www.shadyresttreefarm.com

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Phone: (336) 982-3507
Fax: (336) 982-3506
twsmithtrees@aol.com
www.topofthemtnchristmastrees.com

Fraser Fir, Roping, Wreaths

Appalachian Evergreens
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Watauga County

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Jack Lucas: A PORTRAIT OF VALOR BEYOND THE CALL OF DUTY

All images © Nick Del Calzo

Since the Civil War, more than 39 million men and women have taken a solemn oath to "support and defend" the United States of America. Of those, 3,440 earned the right to wear the nation's highest military medal awarded: The Medal Of Honor.

A new book, "Medal of Honor: Portraits of Valor Beyond the Call of Duty," tells the stories of 118 recipients who faced the enemy with uncommon bravery. Author Peter Collier portrays a diverse group: black, white, Hispanic, sons of sharecroppers, career soldiers and military academy graduates, pilots and medics. Included is Jack H. Lucas, who was born and raised in North Carolina.

Born in 1928 on a Plymouth tobacco farm, Jack become tough to handle after his father died. At the age of 11, Jack Lucas was sent to Edwards Military Academy in Salemburg, N.C. His mother hoped the school would straighten up the headstrong young man. It did. At age 13, Jack reached the rank of cadet captain, in the year that closed with the Japanese attack on Pearl Harbor, Dec. 7, 1941. After much urging from her son, his mother agreed to sign his Marine enlistment consent papers, if he promised to return to school after the tour of duty.

At 14, Lucas enlisted in Norfolk and became a Marine. His path to glory was anything but normal. Lucas twice went "absent without leave" – both times running toward the fight, not away. In the second AWOL incident, he stowed away on the USS Deuel. Once the ship was out to sea, he turned himself in for fear of being classified a deserter. Instead, he was assigned to a combat unit – his wish had come true.

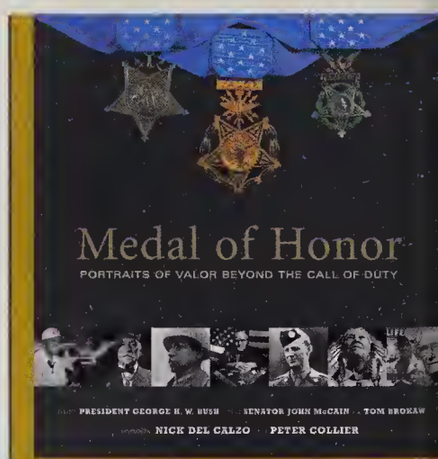
On Feb. 19, 1945, private first class Lucas and 40,000 other Marines hit the Iwo Jima beach. The next day, Lucas and his unit took cover in a Japanese escape trench, where they encountered the enemy, firing point-blank at one another. Lucas shot one enemy soldier, then his rifle jammed. While working on his rifle, he saw two grenades land near the soldier next to him. Lucas dove on top of the grenades. One failed to detonate, but the explosion from the second inflicted serious injury to his arm, chest and thigh. His chin was sliced open and one eye forced out of its socket. Lucas also suffered from internal injuries. Taken for dead, a fellow soldier reached to take Lucas's dog tags, only to realize he was still alive. After being transferred to a hospital ship, Lucas continued to amaze doctors with his fight for life. He would eventually undergo 22 surgeries.

On October 5, 1945, President Harry S. Truman awarded Lucas the Medal of Honor. At age 17, Lucas became the youngest award recipient, and, never one to go back on a promise, a high school graduate, and later a college graduate.

Now a resident of Hattiesburg, Miss., Lucas has had a colorful life since that October day. As told in a 1996 Marine Corps Magazine article, "The Story of Jack Lucas," he served as an honored guest of President Bill Clinton's 1995 State of the Union address and was introduced to the national TV audience.

"Life is not just a bed of roses," Lucas told the magazine. "It can be like a roller coaster ride. I've lived the life of probably two or three men in many ways.... I grew up in the Marine Corps, and they have got an outstanding piece of history. I'm just a little part of it."

— Renee Gannon



The book "Medal of Honor: Portraits of Valor Beyond the Call of Duty" is available through bookstores. It is 272 pages (includes 250 duotone photographs by Nick Del Calzo), hardcover, jacketed, $40, published by Artisan: 1-800-722-7202.

The Passion & Purpose of Eddie Bridges

By John Pridgen

here is an intensity in his steely blue eyes. They seem to see into a deeper purpose.

Eddie Bridges is passionate about his purpose. His love of the outdoors began 70 years ago in Burke County. "I lived out in the country. I grew up where there was nothing much to do but hunt and fish. I have been blessed and I have taken a lot from the outdoors, and now I'm in a position to give something back."

Eddie graduated from Morganton High School in 1953, and went on to Elon College in Burlington on a football scholarship. He played football and ran track, but Eddie had a different dream.

"I studied physical education and I was gonna coach and teach," he says. "I met this guy, Bud Pickard, who just returned from playing with the Chicago Bears and bought a sporting goods store."

After working with Pickard for a while, Eddie founded Carolina Athletic Supply Company in Greensboro. It gave him an opportunity to work with the sportsman community. He became involved with Ducks Unlimited in the 1970s and served in several official positions. He became a Ducks Unlimited Life Sponsor by creating the world's first camouflage chest waders. He sold the idea to Converse Rubber Co. and donated $10,000 back to Ducks.

He sold the athletic supply business in 1983 and retired, but it has not been a normal retirement. Gov. Jim Hunt appointed him to the North Carolina Wildlife Resource Commission in 1977, and he attended every meeting for 12 years. During this period, Gov. Hunt called on Bridges to serve on the Game Law Revision Committee, which rewrote the North Carolina Game Laws that had been in force since 1938. He served on a legislative committee charged with finding revenues for North Carolina's wildlife resources. Eddie established an income tax refund check-off for non-game species. He also helped create a state waterfowl stamp. Both programs are credited with generating several million dollars.

In addition, Eddie Bridges was behind state legislation enacting The Wildlife Endowment Fund, the first of its kind in the nation, to further wildlife resource conservation. Primary funding is generated by the sale of lifetime hunting and fishing licenses. The fund is not intended to take the place of state appropriations. So far the fund has generated over $75 million in revenues, and over $25 million of its interest earnings has been spent on projects. It currently spins out in excess of $300,000 every month in interest. Eight other states have now established similar programs.

Now, Eddie is involved with the North Carolina Wildlife Habitat Foundation, "something I helped to put together with a bunch of young guys." Its purpose is to assist in the acquisition, management, and protection of wildlife habitat within North Carolina and promote conservation education. Memberships cost $20, and $100 makes you a life member. So far it has raised over $1.25 million. The office is at P.O. Box 29187, Greensboro, 27429. Phone: (336) 375-4994. Web: www.ncwhf.org

Eddie has been recognized in many ways over the years. He has received the Chevron Conservation Award, the Sol Feinstone Environmental Award, and the Governor's Award for conservationist of the year in 1993. This year, he is one of only four nominees nationwide for the prestigious 2004 Budweiser Conservationist of the Year Award.

What is that deeper purpose that Eddie Bridges sees so passionately? He says simply: "It's about preserving wildlife for our children and our grandchildren."

John Pridgen is a partner in the JP Marketing Group in Kernersville and a freelance writer. Reach him at writeitman@aol.com.

How to vote for Eddie Bridges

Eddie Bridges is one of four nominees for the 2004 Budweiser Conservationist of the Year Award. The others are from Colorado, Louisiana and New Hampshire. The winner receives a $50,000 grant to fund conservation. You can vote if you are at least 21 years old and cast your ballot by Nov. 28. Vote online at www.budweiser.com and click on the ballot. Or print the name on a 3-by-5-inch card and mail it to the following address: 2004 Budweiser Conservationist of the Year, P.O. Box 4445, Young America, MN 55558.

Need help with winter heating bills?

If you or someone you know will have difficulty paying home heating bills this winter, a federal program could help.

Since 1974, the Low-Income Home Energy Assistance Program (LIHEAP) has helped citizens pay heating (and cooling) so that they are not exposed to unsafe or unhealthy living conditions. If people can't pay their energy bills, they may resort to using fireplaces, stoves, improperly vented portable heaters, barbecue grills, or overloading electrical circuits. These methods are not only fire hazards, but also create the risk of getting carbon monoxide poisoning.

In particular, LIHEAP seeks to make home energy more affordable for two groups of low income households that have the highest home energy needs: households that include frail, older individuals, disabled individuals, and very young children, as well as high-energy burden households, including those with the lowest incomes and highest home energy costs.

The program is not intended to cover a household's residential energy costs, but is limited to paying for home heating and cooling costs. In some cases, such costs include hot water heating, refrigeration, or cooking. It does not pay for electricity for other uses such as lighting. The amount of help consumers receive will depend on where they live, income, heating and cooling costs, family size and other factors.

Who is eligible?

Your county's Department of Social Services determines if your household qualifies for the program. The DSS may also require households to meet additional eligibility criteria besides income level to receive assistance. Typically, combined countable income of household members must not exceed 110 percent of the poverty level (about $20,000 for a family of four, for example). The program gives priority to persons in health emergencies or similar crisis situations.

When do you apply?

Apply now. In many areas, the deadline for this winter's program is mid-November. Payments will be made in February 2004.

What service does LIHEAP provide?

The agency may be able to offer you one or more of the following kinds of assistance:

- Cooling payment assistance
- Energy crisis assistance
- Weatherization and energy-related home repairs

What information do you need to apply?

- Recent copies of your utility bills
- A recent payroll stub or other proof that shows your current gross income
- Documentation showing income from Social Security, unemployment insurance, pension funds, disability payments, etc.
- Final shut-off notice from your electric cooperative or other energy utility
- Proof of present address, such as rent receipt, lease or deed, property tax bill
- Proof of total members living in your household. For example, birth certificates, school records, etc.
- Social Security cards (or numbers) for all persons living in your household
- Proof of U.S. citizenship or permanent residence

For more information

Contact your county Department of Social Services.

For local phone numbers and office addresses, contact the N.C. Departmentr of Health and Human Services, Division of Social Services, toll-free in Raleigh at (800) 662-7030 or (919) 733-3055. Go to the Web site: **www.dhhs.state.nc.us/dss** and click on "County Directory."

Advertisement

Old Cookbook Reveals "Amazing Details of Washington's Dining Habits"

by Guy Coalter,
Special Features Writer

Canton OH, Special - With hundreds of servants at her command... a person would think our first First Lady was a woman of leisure.

Not so... according to a new historical discovery. A long out-of-print volume entitled, *"The Martha Washington Cook Book"* shows Mrs. Washington personally supervised her entire household staff... and especially the kitchen and dining room servants.

Martha made sure every dish served at Mount Vernon... as well as in the first Presidential *"White Houses"* in New York and Philadelphia... was prepared exactly as called for in her personal cookbook.

The family cookbook was given to Martha at the time of her first marriage.

In 1749, beautiful seventeen-year-old Martha Dandridge married Daniel Parke Custis. As a wedding gift, the Custis family presented Martha with a family cookbook entitled *Booke of Cookery and Booke of Sweetmeats*.

Handwritten by an unknown hand, there is evidence the recipe book had been in the Custis family for generations. It is quite likely this was a family heirloom dating back to the early 1600s. In all, there were over five hundred classic recipes, dating largely from Elizabethan and Jacobean times, the golden age of English cookery.

Later, Martha Custis became a widow and in 1759 she married Col. George Washington. Washington was to become the Father of our country and its first President. Martha, of course, became our very first, *"First Lady."*

Martha kept and used her family cookbook for over fifty years. In 1799, she presented the book to her granddaughter, Eleanor Parke Custis as a wedding gift when she married Lawrence Lewis.

The cookbook was handed down from mother to daughter until 1892 when the Lewis family presented it to The Historical Society of Pennsylvania where it still resides today.

In 1940, the Society gave permission to historian Marie Kimball to study the manuscript and prepare a cookbook entitled, *"The Martha Washington Cook Book."* Although now long out-of-print, an Ohio publisher was recently commissioned to reprint a limited edition of this rare and amusing piece of Americana.

Accordingly, a limited number of copies are being made available to the public at this time. Each volume is numbered and when the present printing is exhausted, there is no contract to print more. These cookbooks could very easily become valuable collectors items.

Martha Washington

"The Martha Washington Cook Book" includes facsimile copies of several actual pages from the one-of-a-kind original manuscript. Then, Mrs. Kimball chose over 200 delicious unique recipes from Martha Washington's personal cookbook and completely modernized them so you can easily prepare them in your own kitchen!

The original recipes were written for a huge household including numerous servants. Many called for dozens of eggs and gallons of one thing or another. Marie Kimball *"trimmed"* each recipe to quantities of ingredients for a family of six.

You'll get dozens of delicious recipes for Soups, Fish, Meats, Meat Pies, Poultry and Game, Sauces, Eggs - Mushrooms and Cheese, Fritters and Pancakes, Pastry - Pies and Tarts, Cakes, Creams and Jellies, Puddings, Preserves, and Beverages.

Perhaps more interesting for us history buffs is the detailed description of the kitchen and dining habits in the George Washington household. Martha sat at the head of the table with her husband at her side to the right.

Despite dozens of servants around the table, either Martha or George always carved the meats to be served!

You'll absolutely love dozens of other interesting details of this historical dining room.

"The Martha Washington Cook Book" is a beautiful perfect bound book you will be proud to display on your coffee table, bookshelf, or where ever you keep your very best books.

Your friends and neighbors are guaranteed to be envious... *and you are guaranteed to be completely satisfied with your cookbook*. You may examine and use it for a full three months and return it for a full no-questions-asked refund if you desire.

Although not available in bookstores, you may order your cookbook directly from the publisher. There is a strict limit however, of only two copies per customer.

To get your copy, simply write your name and address on a plain picce of paper. Mail it along with your remittance of only 29.95 plus $3.98 postage and handling (total of $33.93) to: Washington Cookbook, Special Offer MC2080, 718 - 12th Street N.W., Box 24500, Canton, Ohio 44701.

You may charge to VISA or MasterCard by including your card number, expiration date and signature. For even faster service, have your credit card handy and telephone toll-free 1-800-772-7285 and ask for Special Offer MC2080.

Act within the next 15 days and the publisher will include a free bonus... *a selection of delightful recipes from the personal cookbook of President Thomas Jefferson!*

"The Martha Washington Cookbook" makes an appreciated gift for any gift-giving occasion. Readers of this publication may request a second copy for only $16.02 postpaid. (Total of $49.95 for both.)

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BERTIE COUNTY PEANUTS

Bertie County Peanuts began with Poppa Jack and his famous "blister fried" peanuts. The crunchy, fresh peanut taste was a huge hit with the local experts — peanut farmers themselves. Today, Bertie County Peanuts offers a variety of peanut snacks including roasted, hot 'n' spicy and our ever so popular, chocolate dipped! Cashews, pecans, and gift baskets available, too!

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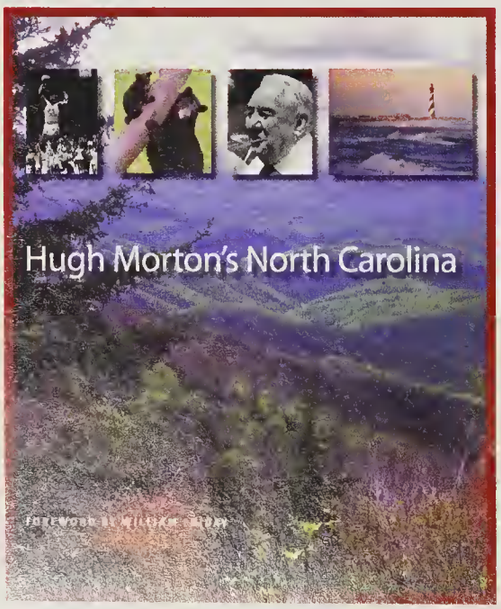
HUGH MORTON'S NORTH CAROLINA



Renowned North Carolina photographer Hugh Morton shares more than 250 of his favorite pictures and the stories behind them. Anyone who loves North Carolina will treasure this book, a richly personal state portrait spanning 60 years of Tar Heel people, places, and events. William Friday says of it, "Hugh's personal commentary enriches each picture and invites the reader to reflect on and remember a journey shared." 224 pages, 126 color/138 b&w photos, hardcover, $35.

AT BOOKSTORES, OR FROM THE UNIVERSITY OF NORTH CAROLINA PRESS CHAPEL HILL
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MURDER MYSTERY WEEKEND

Who hung Woo? Intrigue and participation is the draw for this cloak and dagger activity at Flat Rock Inn Bed & Breakfast. The mystery involves eight guests who are each cast in roles and investigate "who dunnit." All materials are furnished, with the mystery played out in four one-hour sessions. The cost is the prevailing room rate, along with $25 extra per person. Listed on the National Historic Register, the Victorian-style inn offers gourmet breakfasts and rooms range from $95 to $145. To organize your package, pick your dates and eight people to participate and contact innkeepers Dennis and Sandy Page.

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Flat Rock, NC 28731
(800) 266-3996
www.bbhost.com/flatrockinn

BOB TIMBERLAKE 2004 CALENDAR

Seasonal paintings by Bob Timberlake, quotations, and more than a dozen charming watercolor studies highlight the seasons of 2004.

$14.95 plus $4.95 postage and handling (North Carolina residents add 7% state sales tax of $1.05). For your calendar, stop by or call:

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http://www.bobtimberlake.com
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Dairy goat farmer Laura Beaudreau and her husband John makes up a variety of lotions, scrubs and soaps. Each is hand-poured, custom-blended and heart-felt. Beaudreau uses natural spices and berry juices for attractive color. Her product lines includes Raspberry Cream, Almond Honey and Harvest Dreams soaps at $3.50 per bar. Exfoliating scrubs are Shugah Shine and Sweet Toes — both are $6 each.

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www.goatmilksoaps.net

MAST FARM INN

This historic inn near Boone offers old-fashioned charm, hand-made quilts and winter lodging specials for their rooms and cottages. Fresh cuisine is emphasized, with breakfast served daily to guests and dinners are open to the public. For two people, rooms range from $125 to $210, and cottages range from $195 to $280. The Inn's Christmas Tree Package offers a 15 percent lodging discount, along with dinner, hot beverages, a gift shop certificate, a tree ornament and a coupon for a 6-to-7-foot Fraser Fir tree. The inn also offers a bonus 25 percent value to all gift certificates purchased through Dec. 31, 2003, when they are to be redeemed January through June of 2004.

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Valle Crucis, NC 28691
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www.mastfarminn.com

SPONSOR A SPECIAL OLYMPICS ATHLETE

The Sponsor An Athlete program is an important part of Special Olympics North Carolina's mission to provide education, training, leadership development and competitions for more than 32,000 athletes in our states. For only $15 a month, you can sponsor a developmentally disabled athlete — money goes to pay for equipment, uniforms, facility rentals and other expenses. Persons with mental retardation participate as coaches, volunteers, athletes and staff, and gain respect and acceptance in achieving goals. To arrange for a sponsorship gift, contact Sean Micahel Hazuda, vice president of donor development.

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In business since 1985, this Weaverville company sells buttery-soft leather briefcases, backpacks, and computer bags. The owner, Doug McCubbins, has been designing and constructing leather bags since 1975. All products carry a 30-day, no questions asked, money-back guarantee. A leather computer briefcase with an adjustable and removable strap is $119, with free domestic shipping.

A leather briefcase with multiple pockets and adjustable and removable strap is $109. Domestic shipping is free for either bag, which come in black, tan or dark brown. Other bags available include backpacks and travel cooler bags.

HIGHLAND LEATHER COMPANY
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www.highlandleather.com

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Tyrwhitt Cottage Industries, founded by Jan and Alan Bromfield of Raleigh, sell unique Carolina Shortbread Straws — rich shortbread treats crafted from a family recipe. Their straws contain all butter and no added preservatives. Dewey's Bakery, a well-known Winston-Salem shop, bakes the treats. Retail prices for a 5.5 ounce box of shortbread straws is $5.99. A case of 24 boxes is $119.95.

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"TIMELESS RECIPES AND REMEDIES"

Author AlexSandra "Sandy Lynn" Lett's new book lets readers sit a spell in a simple country kitchen and helps them emerge with aromatic, old-timey favorites such as red eye gravy, hoecakes, chow chow, turnip greens and other beloved Southern concoctions. She also shares cure-alls for ailments and her trademark family tidbits. The 89-page, softcover book features black & white photos and sells for $9.95.

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Maxwell's selects fresh peanuts from North Carolina and Virginia, large pecans from Texas and Georgia, and jumbo cashews from India, and combines them with fine European chocolate to create salty-sweet treats. All products are made in-house, by hand, in their Raleigh facility. Items include chocolate-covered pecans, chocolate-covered peanut and cashew brittles, and jalapeno peanuts. One gift package includes a 40-ounce tin of peanuts, a 20-ounce tin of jalapeno peanuts and an 11-ounce tin of honey-roasted peanuts for $30. Another gift pack is 18.5 ounce tin of chocolate dipped buttered pecans and 8 ounce tin of chocolate dipped brittle [illegible].

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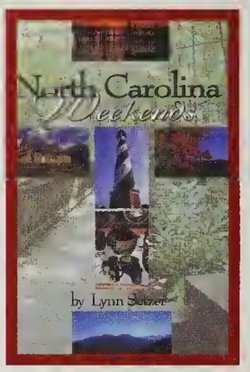

Veteran travel writer Lynn Setzer offers ideas for 49 mini-vacations from Corolla to Murphy. The softcover book includes tips to popular destinations such as Asheville and the Outer Banks and also provides details for our little-known jewels. The book lists weekend ideas twice — once by geography, the other by activity. For example, "Weekend in Antique Country" discusses markets in Wilson, Rocky Mount and Tarboro. Each chapter covers lodging, dining, outdoor adventures, seasonal events, historical tidbits and children's attractions. Available at bookstores or through the publisher. Black & white photographs, 352 pages, $16.95.

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After a 25-year wait, writer/musician Bland Simpson's long-simmering CD is available now. Recorded in 1978 with help from many musicians including Don Dixon, Rod Abernethy, the late Tommy Thompson, Bill Hicks, Jimbeau Walsh and Dottie Peoples, "Follow You All Over The World" contains original versions of popular tunes. Its 13 songs include "Good Gal Gravyboat", "Jean Harlow's Return," and "Follow You All Over The World," all with Bland's trademark vocals and piano. Bland, a teacher in Chapel Hill, is known for several books, his work in The Red Clay Ramblers and for the musicals "King Mackerel & The Blues Are Running" and Tony-nominee "Pump Boys & Dinettes." $14.

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JOHN HARDY BAREFOOT HOMEPLACE, 1907

This photograph shows a North Carolina family farm tradition not practiced much anymore. It is a Feb. 6, 1907, hog-killing at the John Hardy Barefoot homeplace on Eldridge Rd. in southern Johnston County just north of Newton Grove. Judy Barefoot Lee, a great-granddaughter of Mr. Barefoot and member of South River EMC, sent us the picture. Standing at the far right (in white shirt sleeves) is John Hardy Barefoot and his wife, Easter Smith Barefoot. Six of their eight children are shown. Judy Lee's grandfather, Junius, is not in the photo because he was teaching school at the time. She says the 15 hogs combined weighed 3,250 pounds. Behind the house was what the family referred to as a "carbide system," Mrs. Lee says. It was probably a device invented in Rockingham County in the early 1890s by Thomas "Carbide" Willson that produced acetylene gas used then to illuminate lamps. "The story is told," Mrs. Lee says, "that because of the depression and the money spent on this system, John Hardy Barefoot lost this house and farm." The place later was destroyed by fire.

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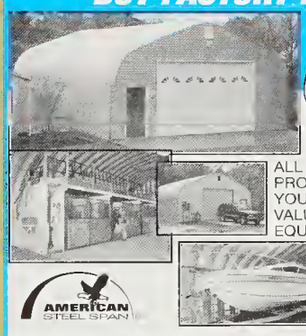

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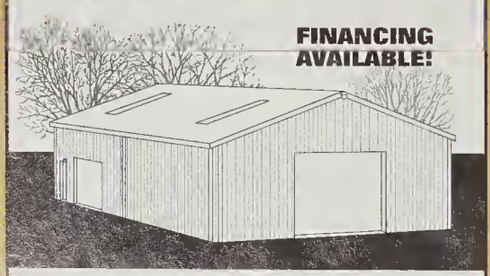
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And THE WINNER *is...*

THE LUCKY WINNER OF THE PUZZLE CONTEST PUBLISHED ON THIS PAGE IN SEPTEMBER IS BRUCE COLVIN OF CLEMMONS IN FORSYTH COUNTY. HE WINS A COPY OF RALPH GRIZZLE'S BOOK, "CHARLES KURALT'S PEOPLE."

BRUCE WAS ONE OF ONLY 83 PEOPLE TO SUBMIT THE CORRECT ANSWER TO THIS PUZZLE:

There is a nine-digit number which uses each of the digits from 1 through 9. The first two digits are divisible by 2; the first three digits are divisible by 3; the first four by 4, etc., with the nine-digit number being divisible by 9. Can you find the number?

The only possible answer: 381654729

Correct answers were numbered as received, and the winning number was selected at random by computer. Almost as many incorrect (71) as correct answers were received. Those of you who did not get this answer, but think you were correct, please check your answer carefully. And remember that no zero is permitted in the answer.

My thanks to all of you who took time to enter our contest, and to write. If you failed to get the right answer, don't feel bad. According to Robert Gildersleeve, 7th grade math teacher at Morehead City Middle School, there are 362,880 possible ways to write the digits one through nine! Robert got the right answer. So did at least two 13-year-olds, Aaron Scott of Asheboro and Alicia Williams of Mount Airy, and 5th grader Mengxin He of Boone.

MATHWORDS

Letters have been substituted for digits in this division puzzle. Can you replace the digits that comprise the value of NOVEMBER?

HINT: Solve first for the one and the zero.

```
          N O V E M B E R
       ┌──────────────────
M  B N O V E T R R
     M
     ──
     V N
     V R
     ──
       N O
       N R
       ──
         O V
         O R
         ──
           V E
           V M
           ──
             S T
             S M
             ──
               O R
               O R
               ──
                 R
                 R
                 ─
```

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```
F A I T H
_ _ _ _ _
_ _ _ _ _
_ _ _ _ _
_ _ _ _ _
W O R K S
```

answers on page 32.

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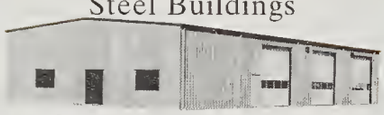

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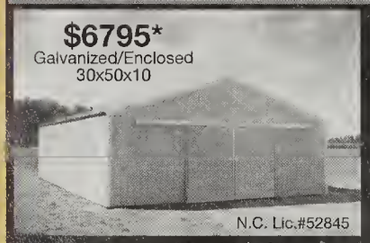

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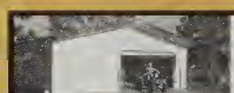

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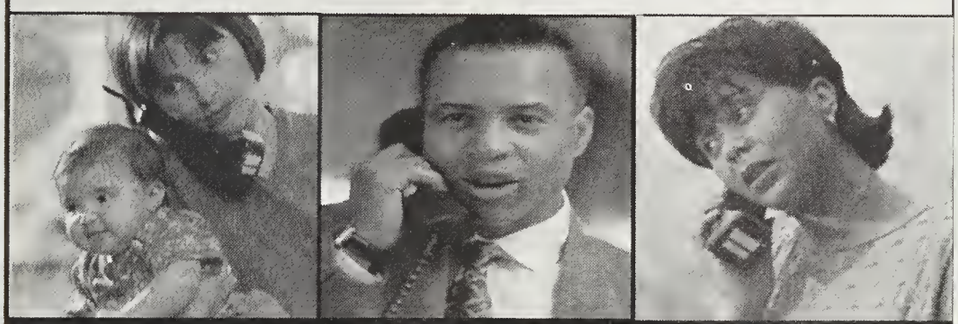

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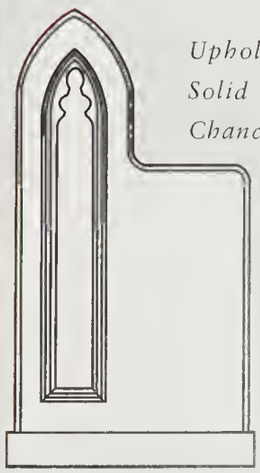

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November EVENTS

MOUNTAINS
(west of I-77)

"All That Glitters"
Nov. 1. Mount Airy.
(336) 786-4478.

Blacksmith Auction
Nov. 1. Murphy.
(800) 365-5724.
www.folkschool.org

"Deathtrap"
Nov. 7-9, 14-16.
Hayesville.
(828) 389-8632.
www.licklogplayers.org

Rabbit Show
Nov. 15. Taylorsville.
(704) 922-4907.

"Godspell"
Nov. 19-23. Winston-Salem.
(336) 748-0857.
www.littletheatre.com

Fiddlers Convention
Nov. 22. Ellenboro.
(828) 453-7457.
www.gotech.com

Smith-McDowell Museum
Ongoing. Asheville.
(828) 253-9231.
www.wnchistory.org

Schiele Museum
Ongoing. Gastonia.
Through December, "High Seas to High Shoals"
(704) 866-6909.
www.schielemuseum.org

Mount Airy Museum of Regional History
Ongoing. Mount Airy.
Through Jan. 2004, "Still Life"
(336) 786-4478.
www.northcarolinamuseum.org.

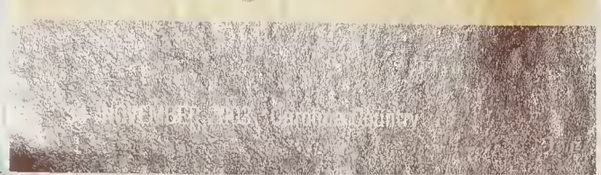
Asheville Art Museum
Ongoing. Asheville.
(828) 253-3227.
www.ashevilleart.org

Caldwell County Heritage Museum
Ongoing. Lenoir.
(828) 758-4004.

Historical Museum
Ongoing. Kings Mountain.
(704) 739-1019.

Cradle of Forestry
Ongoing. Brevard.
(828) 877-3130.

Life-sized dinosaur sculptures combine art with science to show the fierce prehistoric creatures in an exhibit at the Museum of Natural History. At the Natural History Museum, visitors can use pulleys and levels to operate the dinosaurs. The exhibit is scheduled to run through Jan. 5, 2004. Call (919) 220-5429 or visit www.ncmnh.org



PIEDMONT
(between I-77 and I-95)

Pottery Festival
Nov. 1. Robbins.
(910) 948-3540.

Harvest Day
Nov. 1. Wake Forest.
(919) 570-0070.
www.stcathsiena.org

Pisgah Covered Bridge Celebration

A fundraiser to benefit the Pisgah Covered Bridge restoration will be held Saturday, Nov. 15 in the Pisgah community near Asheboro. The all-day event will include homemade food, crafts booths, live and silent auctions and other festivities. Call (800) 626-2672 or visit www.visitrandolph.org.

Chili Challenge
Nov. 1. Wake Forest.
(919) 272-3342.

Craft Show
Nov. 1. Southmont.
(336) 798-3537.

Marty Raybon Band
Nov. 2. Lexington.
(336) 956-2178.

Amazing Snakes
Nov. 3. Winston-Salem.
(336) 758-5282.
www.wfu.edu/moa

Colored Pencil Exhibit
Through Nov. 26. Fayetteville.
(910) 433-2986.

Holly Day Fair
November 6-9. Fayetteville.
(910) 323-5088.

Antiques Show
Nov. 7-9. Pinehurst.
(910) 692-2051.
www.moorehistory.com

Craft Sale
Nov. 7-8. Kernersville.
(336) 993-2260.

Arts Bazaar
Nov. 7-8. Oxford.
(919) 603-1350.

"Legend Of Sleepy Hollow"
Nov. 7. Yanceyville.
(336) 694-4591.

Quilt Show
Nov. 7-9. Asheboro.
(336) 629-3891.

Education Fair
Nov. 8. Charlotte.
Free. (704) 341-1423.
www.theeducationfair.com

Carolina Pops
Nov. 8. Yanceyville.
(336) 694-4591.

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Veterans Day Parade
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NOVEMBER EVENTS

Viva Latina!
Nov. 9. Durham.
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www.mallarmemusic.org

"Herbie Hancock"
Nov. 10. Durham.
(919) 684-2656.

Concert Series
Nov. 10. Davidson.
(704) 894-2135.

"Olivia Newton-John"
Nov. 13. Fayetteville.
(910) 323-5088.

Southern Christmas Show
Nov. 13-23. Charlotte.
(800) 849-0248.
www.southernchristmas show.com

Crafts Fair
Nov. 14-16. Winston-Salem.
(336) 725-1516.
www.piedmontcraftsmen.org

Holiday Bazaar
Nov. 15-16. South Hill, Va.
(434) 447-8162.

"Ian Anderson"
Nov. 18. Durham.
(919) 560-3030.
www.carolinatheatre.org

Festival Of Trees
Nov. 20-Jan. 2. Raleigh.
(919) 461-3831.

Pottery festival.
Nov. 23. Seagrove.
(336) 873-7887.

Stanly County Aviation"
Through April 2004.
Albemarle.
(704) 986- 3777.
www.co.stanly.nc.
us/Departments/hpc

A Dickens Holiday
Nov. 28. Fayetteville.
(910) 323-1776.

Craftsmen's Festival
Nov. 28-30. Fayetteville.
(910) 323-5088.

Family Country Concert.
Nov. 30. Durham.
(919) 560-3030.
www.carolina theatre.org

Oakboro Regional Museum
Ongoing. Oakboro.
Ongoing, Ledbetter Ford Site.
Through Nov. 17.
"Gold Next Door,"
(704) 485-3612.

Museum of Life and Science
Ongoing. Durham.
Through Jan. 5.
"Natural History Machines"
(919) 220-5429.
www.ncmls.org

Airborne & Special Operations Museum
Ongoing.
Fayetteville.
Through Dec. 7,
"Thunder from Heaven"
(910) 483-3003.
www.asomf.org

N.C. Museum of History
Ongoing. Raleigh.
Nov. 19-23, Indian Heritage.
(919) 715-0200.
www.ncmuseum ofhistory.org

Granville County Museum
Ongoing. Oxford.
Through Dec. 24,
"Light & Color"
(919) 693-9706.

N.C. Museum of Natural Sciences
Ongoing. Raleigh.
Through Jan. 4, 2004, Titanic Artifacts.
Free. (919) 733-7450.
www.naturalsciences.org

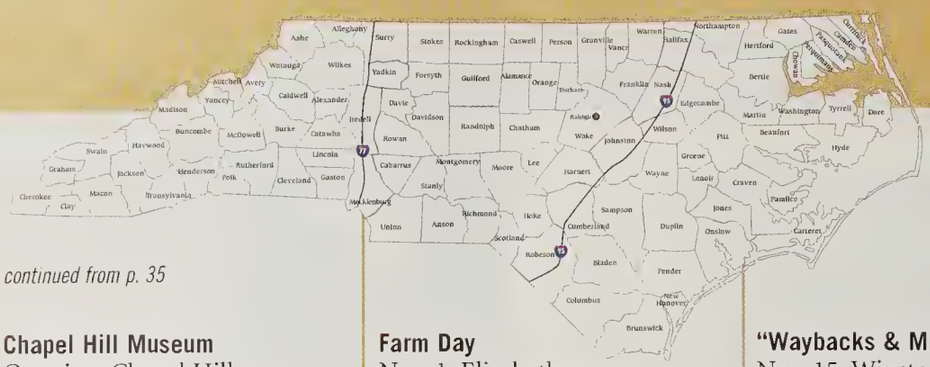
The science and technology of ordinary things come to life in Cape Fear Museum's exhibit "How Things Work." The highly interactive exhibits allow visitors to see inner workings of everyday devices such as a lock, light switch, crank generator or traffic signal. "How Things Work" runs through Jan 4, 2004. Call (910) 341-4350 or visit www.capefearmuseum.com

Discovery Place
Through Feb. 6. Charlotte.
"Speed" exhibit.
(704) 372-6261.

N.C. Museum of Art
Ongoing. Raleigh.
Nov. 2-March 7, "Defying Gravity"
(919) 839-6262.
www.ncartmuseum.org

continued on p. 36

MOUNTAINS PIEDMONT COAST



continued from p. 35

Chapel Hill Museum
Ongoing. Chapel Hill.
(919) 967-1400.
www.chapelhillmuseum.org

Mint Museum of Art
Ongoing. Charlotte.
Through Nov. 23, Jewelry
Through Jan. 4, 2004, "Quilt Classics"
Through Jan. 11, "European Masterpieces"
(704) 337-2009.
www.mintmuseum.orr

COAST

(west of I-95)

Rosenwald Banquet
Nov. 1. Snow Hill.
(252) 747-1105.

Oyster Festival
Nov. 1. Morehead City.
(252) 726-0542.

Mattamuskeet Fun Ride
Nov. 1. Swan Quarter.
(888) 493-3826.
www.hydecounty.org

Farm Day
Nov. 1. Elizabeth City.
(252) 335-1453.

"Joseph & Technicolor Dreamcoat"
Nov. 7-22. New Bern.
(252) 633-0567.
www.newberncivictheatre.org

Rodeo/Bull Ride
Nov. 7-9. Williamston.
(252) 792-5111.

Anglers Club
Nov. 8. Buxton.
(252) 995-4523.

Country Faire
Nov. 8-9. Manteo.
(252) 475-1500.
www.roanokeisland.com

Antique-A-Thon
Nov. 8. Morehead City.
(252) 247-7533.
www.thehistoryplace.org

Open House
Nov. 14. Bath.
(252) 923-3971.

"Waybacks & Mike Cross"
Nov. 15. Winston-Salem.
(336) 721-1945.

Elizabeth II Celebration
Nov. 22. Manteo.
(252) 475-1500.
www.roanokeisland.com

Holiday Parade
Nov. 22. Ahoskie.
(252) 332-2042.

Lighted Hayride
Nov. 29-Dec. 23. Mount Olive.
(919) 658-2288.
www.glenwoodfarms.net

Cape Fear Museum
Ongoing. Wilmington.
Through Jan. 4, "How Things Work"
(910) 341-4350.
www.capefearmuseum.com

Core Sound Waterfowl Museum
Ongoing. Harkers Island.
(252) 728-1500.
www.coresound.com

LISTING INFORMATION

Deadline for November: September 25 | Deadline for December: October 25

Submit Listings on Our Web Site

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Or Submit Listings by Mail, Fax or E-mail

Please include title, date(s), location, phone number and/or Web site url. Photos (prints or hard copies) are welcome. Send notices to: Carolina Compass, [illegible] Raleigh, NC 27611 | Fax: (919) 878-3970 | e-mail: [illegible]@ncemcs.com

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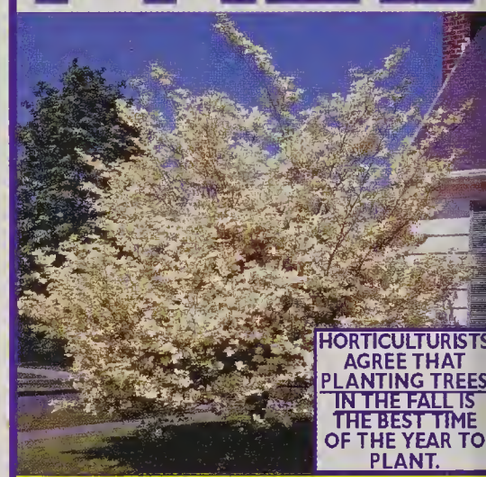

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by Hank Smith

With the arrival of November, gardeners switch gears and nuture indoor plants. These plants colorfully accent rooms throughout long winter months. Outdoors, provide your winter vegetable garden with insulation from chilly weather.

Potting Soil for Houseplants

A complete soil mix is not needed to grow houseplants. On the other hand, plain old garden soil is not enough. A suitable mixture for most houseplants includes equal parts good garden soil, peat moss, and sand or perlite. Keep the mixture handy during the winter for future potting or repotting.

Transplanting Shrubs

When transplanting old established plants, prune away one third of the branches to compensate for unavoidable root loss. To prune, always cut branches back to a growth bud in the angle of stem and leaf. Make a sloping cut just above the bud.

It is advisable to tip-prune balled-and-burlapped shrubs (shrubs whose roots and soil mass are wrapped in burlap). Pruning away some top-growth at planting time helps offset shock to the root system. Dig the planting hole about twice the size of the root system. Loosen the soil in the bottom of the hole. If the plant's roots are bare, spread roots as you fill the hole with soil. Apply plenty of water to drive out air pockets.

Coleus plants like the hybrid "Merlot" above will root in a clear glass of water any time of the year. Make cuttings just below leaf joints. Keep the base of each cutting below the water line. Photo courtesy of Proven Winners, www.provenwinners.com

Winter Vegetables

Sprinkle bonemeal and rock phosphate around the winter garden of cabbage, broccoli and lettuce. Top plants with a layer of compost. This combination will insulate plants from the cold. Consider the needs of next year's plants and add any residue from the summer vegetable garden to the compost pile.

Pruning Pyracanthas

Pyracanthas tend to produce long, tall stems. Easily control this type of growth by pinching or cutting away the tips during growing season. This results in compact growth without loss of berries. Rejuvenate oversized plants by cutting back all stems to within one foot above ground level. Do this anytime before growth resumes in spring. However, such severe pruning often results in the loss of berries for one year. Consider giving pyracanthas a light pruning each year instead.

Drying Herbs

Some summer herbs that dry well include sage, thyme, basil, cilantro and oregano. Spread leaves out on a tray and then set them aside for about a week. The herbs should retain their flavors for about six months. After drying, put the herbs in sealed plastic bags and store them away from direct heat.

GARDENING FOCUS

Planting Bulbs for Spring

If not already planted, get a jump start on sowing spring bulbs like narcissus, wood hyacinths and crocus. To make planting easier, consider building raised beds if your soil is composed of heavy clay. Plant large bulbs 6-to-8 inches deep and small bulbs 3-to-6 inches deep. For a dramatic visual effect, plant in groups of 25; mixing and matching varieties and colors. Properties with large areas of lawn can incorporate a "bulb meadow." A bulb meadow should not be mowed until after the bulb foliage ripens.

Since rotting is a danger, water bulbs with care. Water at planting time and then avoid watering again in winter. When bulbs are in full growth, they need approximately ½ inch of water per week. If rain is not adequate, water accordingly.

When cutting flowers for floral designs, cut very little foliage. Good foliage growth promotes healthy bulbs for next year.

As blooms begin to wilt, snap off the seed heads unless you are hybridizing or propagating species from seed.

HORT shorts

- Have a soil test done to determine whether your soil is more acidic or alkaline. This will help you improve soil in the long run. For information on soil tests, call your local extension office or visit www.agr.state.nc.us/agronomi/sthome.htm.
- Apply mulch to keep weed seeds from ruining next year's garden.
- Feed bulbs twice with a balanced fertilizer: once when first planted in the fall or early winter, and again when the foliage first pokes through the ground. Once flowering is complete, a light feeding is helpful.
- Small but prominent areas of the lawn can be seeded with rye grass to make them stand out in the landscape over winter.
- Remove leaves that fall on small plants. Otherwise, the plants will smother.
- Clean gutters. Packed leaves can cause gutters to overflow during storms. Rainwater may leak near the foundation and eventually seep into the basement.
- Pansies and violas make a better winter show if their roots are established before cold weather sets in. For flowers next spring in the middle and lower South, set out sweet William, dianthus, snapdragons, and sweet alyssum before temperatures drop consistently below 40 degrees. Sow seeds of larkspur, poppies, Johnny-jump-ups, dill, bachelor's buttons, and forget-me-nots directly into well-prepared garden soil before the first heavy frost.

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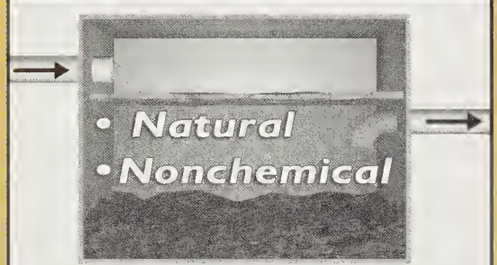

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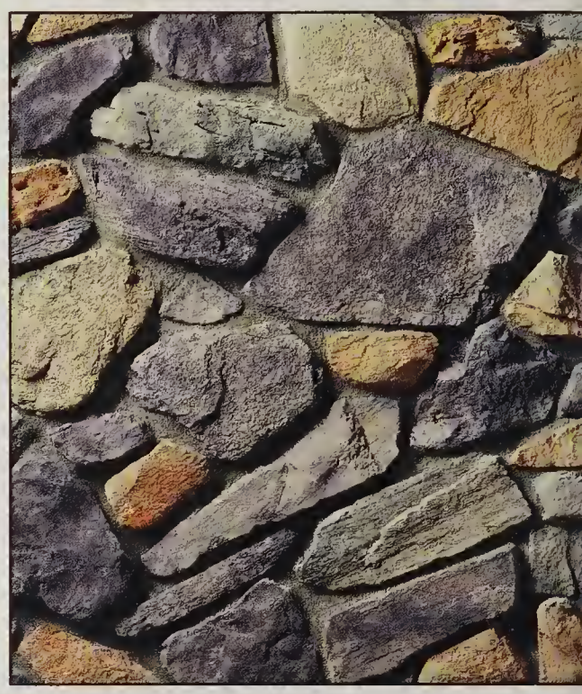
Siding options include low-maintenance stone and brick kits

By James Dulley



These lightweight stones work well as exterior coverings.

New siding can give homes a distinctive, fresh look. You may want to use some of the simulated brick or stone just for accents, which can applied over an extra layer of foam insulation to help pay back the costs with energy savings. Some of these methods are simple, do-it-yourself projects, which lower the overall project cost.

The amount of savings on your utility bills from installing more insulation under the new siding depends on the level of wall insulation you now have. If your walls are currently insulated to code levels for your area, it probably would not be cost effective to add more insulation unless you are doing the labor yourself to lower the cost.

In addition to lower utility bills, adding a layer of foam insulation will block outdoor noise. This is particularly true with vinyl siding, which is hung loosely on the walls so it can expand and contract. If you first install foam insulation on the house exterior, follow the manufacturer's installation instructions to the letter to avoid any future problems from trapped moisture.

You have quite a few unique material options from which to choose: lightweight cultured stone, insulated and non-insulated brick kits, plastic simulated brick or cedar shake panels, and insulated vinyl siding. Using these materials makes a re-siding job easier and often you do not have to remove your old siding first.

Lightweight cultured stones are one of the most attractive and maintenance-free exterior coverings and they work well over the entire wall or as trim. The stones are made of cement and special lightweight aggregate, yet feel as hard as real stones to the touch. This makes them light enough so no extra foundation or footers are needed to support them as real stones may require. Many of the manufacturers offer a 50-year warranty on them.

These synthetic stones are cast in molds made from real stone shapes. They are colored with natural metal oxides throughout the entire stone so chips will not be apparent. They average less than two inches thick with a flat back for easy installation. Once they are installed on the wall, they are impossible to distinguish from real stones. Although the shapes look totally random, they are formed to fit together for a professional-looking wall.

Many types of brick siding kits are available. They look and feel like a real brick wall and are just as maintenance-free. Most use actual brick material, which is only 1/2-inch thick. This conserves materials and lowers the cost and weight. With the mass of brick and the mortar joints, it is ideal for blocking outdoor road noise.

With one brick technique, you install each brick individually to the wall with special mastic. The mastic is spread on the wall and the backs of the bricks are "buttered" with another layer of mastic. The bricks are pressed against the wall to fix them permanently in place. Using a damp trowel, the mastic is smoothed out to create uniform mortar joints.

Other brick kits include pre-designed panels with support channels to perfectly align the thin bricks. A one-inch-thick layer of polystyrene insulating rigid foam is already attached to the back of the panel. The back of the panel has aluminum ties to secure it to the existing wall. Once the panels are installed, the cosmetic mortar is spread in the joints. It weighs only about six pounds per square foot when completed.

No-maintenance, polypropylene plastic panels are the easiest siding option to install. The panels are lightweight and can easily be installed over additional insulation. Each nearly three-foot-long panel interlocks perfectly with the adjacent panels so it looks like a continuous panel. They are available in simulated brick, stone and cedar shake styles.

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Write for (instantly download-www.dulley.com) Update Bulletin No. 735 - buyer's guide of 18 decorative and standard siding/insulation options. Please include $3.00 and a business-size SASE.

Send to:
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Deadline: 25th of the month, 5 weeks before issue date.

recipes editor, **Jenny Lloyd**

Wild Rice Stuffed Squash

1 package (6 ounces) long grain and wild rice mix
2⅓ cups vegetable or chicken broth
1 teaspoon rubbed sage
1 teaspoon dried thyme
2 celery ribs, chopped
1 medium onion, chopped
1 tablespoon olive or vegetable oil
¾ cup dried cranberries
½ cup coarsely chopped pecan halves, toasted
2 tablespoons minced fresh parsley
4 medium acorn squash (about 22 ounces each)
¾ cup water

In a large saucepan, combine the rice with contents of seasoning mix, broth, sage and thyme. Bring to boil. Reduce heat; cover and simmer for 23-25 minutes or until rice is tender and liquid is almost absorbed. Meanwhile, in a large skillet, sauté celery and onion in oil until tender. Stir in cranberries, pecans and parsley. Remove from the heat. Stir in rice mixture.

Cut squash in half widthwise. Remove and discard seeds and membranes. With a sharp knife, cut a thin slice from the bottom of each half so squash sits flat. Fill squash halves with about ½ cup rice mixture. Place in a greased 15-by-10-by-1-inch baking pan. Pour water into pan.

Coat one side of a large piece of heavy-duty foil with nonstick cooking spray. Cover pan tightly with foil, coated side down. Bake at 350 degrees for 50-60 minutes or until squash is tender.

Yield: 8 servings.

Caramel Apple Cake

1½ cups vegetable oil
1½ cups sugar
½ cup packed brown sugar
3 eggs
3 cups all-purpose flour
2 teaspoons ground cinnamon
½ teaspoon ground nutmeg
1 teaspoon baking soda
½ teaspoon salt
3½ cups diced peeled apples
1 cup chopped walnuts
2 teaspoons vanilla extract

CARAMEL ICING:
½ cup packed brown sugar
⅓ cup half-and-half cream
¼ cup butter or margarine
Dash salt
1 cup confectioners' sugar
Chopped walnuts, optional

In a mixing bowl, combine oil and sugars. Add eggs, one at a time, beating well after each addition. Combine dry ingredients; add to batter and stir well. Fold in apples, walnuts and vanilla. Pour into a greased and floured 10-inch tube pan. Bake at 325 degrees for 1½ hours or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

In the top of a double boiler over simmering water, heat brown sugar, cream, butter and salt until sugar is dissolved. Cool to room temperature. Beat in confectioners' sugar until smooth; drizzle over cake. Sprinkle with nuts if desired.

Yield: 12-16 servings.

Ranch Snack Mix

1 package (12 ounces) miniature pretzels
2 packages (6 ounces each) Bugles
1 can (10 ounces) salted cashews
1 package (6 ounces) bite-size cheddar cheese fish crackers
1 envelope ranch salad dressing mix
¾ cup vegetable oil

In two large bowls, combine the pretzels, Bugles, cashews and crackers. Sprinkle with dressing mix; toss gently to combine. Drizzle with oil; toss until well coated. Store in airtight containers.

Yield: 3 quarts

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Sage Dressing

½ pound bulk pork sausage
1 medium onion, chopped
2 celery ribs, chopped
1 cup sliced fresh mushrooms
2 teaspoons vegetable oil
6 cups cubed day-old bread
½ cup slivered almonds, toasted
½ cup chicken broth
¼ cup butter or margarine, melted
¼ cup minced fresh parsley
¼ cup egg substitute
2 teaspoons rubbed sage
¼ teaspoon salt
¼ teaspoon pepper

In a large, skillet over medium heat, cook the sausage, onion, celery and mushrooms in oil until meat is no longer pink; drain if necessary. In a large bowl, combine the remaining ingredients; add sausage mixture and toss to coat.

Transfer to a greased 11-by-7-by-2 inch baking dish. Cover and bake at 350 degrees for 30 minutes. Uncover; bake 10-15 minutes longer or until lightly browned.

Yield: 6 servings.

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